



BREAKFAST AND LUNCH IS FREE TO ALL ENROLLED STUDENTS!

ADULT BREAKFAST \$3.50

ADULT LUNCH \$4.75

A LA CARTE MILK \$0.35

ALL MEALS INCLUDE A CHOICE OF 1% WHITE OR FAT FREE CHOCOLATE MILK

\*BREAKFAST INCLUDES A CHOICE OF FRESH FRUIT, CANNED FRUIT &/OR JUICE DAILY.

\*LUNCH INCLUDES FRESH FRUIT &/OR CANNED FRUIT, FRESH SALAD &/OR FRESH VEGETABLES DAILY. ALL 5 MYPLATE CATEGORIES ARE REPRESENTED AT EACH MEAL SERVICE.

\*MENU IS SUBJECT TO CHANGE\*

# OCTOBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CEREAL <sup>2</sup> MINISTRONE SOUP WITH GREEN SALAD	BAGELS AND YOGURT <sup>3</sup> TURKEY NACHOS WITH TOPPINGS	FRENCH TOAST WITH FRUIT <sup>4</sup> BBQ MEATBALLS WITH RICE	CEREAL <sup>5</sup> CHICKEN SANDWICH WITH POTATO SALAD	SCONES AND YOGURT <sup>6</sup> PIZZA WITH GREEN SALAD
CEREAL <sup>9</sup> HAMBURGERS WITH FRENCH FRIES	BISCUITS AND GRAVY <sup>10</sup> CHICKEN ALFREDO WITH GREEN SALAD	PANCAKES WITH FRUIT <sup>11</sup> CHICKEN TERIYAKI WITH RICE	OATMEAL <sup>12</sup> SUB SANDWICHES	YOGURT PARFAIT <sup>13</sup> SPAGHETTI WITH GREEN SALAD
CEREAL <sup>16</sup> CHICKEN NOODLE SOUP WITH GREEN SALAD	BBREAKFAST SANDWICH <sup>17</sup> CHICKEN AND CHEESE BURRITOS WITH GREEN SALAD	WAFFLES <sup>18</sup> ORANGE CHICKEN WITH NOODLES	CEREAL <sup>19</sup> MEATBALL SUBS WITH FRENCH FRIES	MUFFIN AND YOGURT <sup>20</sup> PIZZA WITH GREEN SALAD
CEREAL <sup>23</sup> BEEF CHILI WITH CORNBREAD AND GREEN SALAD	BAGELS AND YOGURT <sup>24</sup> TURKEY TACOS WITH BEANS	TOAST, EGGS AND YOGURT <sup>25</sup> CHICKEN TERIYAKI WITH BROWN RICE	OATMEAL <sup>26</sup> BBQ CHICKEN SANDWICH	YOGURT PARFAIT <sup>27</sup> SPAGHETTI WITH GREEN SALAD
CEREAL <sup>30</sup> BRUNCH FOR LUNCH	FRENCH TOAST WITH DEVEILED EGGS <sup>31</sup> GOULASH (BEEF AND NOODLES IN RED SAUCE) WITH GREEN SALAD		STUDENTS MUST CHOOSE 3 OF THE 4 ITEMS OFFERED FOR BREAKFAST, 1/2 CUP OF FRUIT OR VEGETABLE MUST BE TAKEN.	STUDENTS CHOOSE 3 OF 5 COMPONENTS FOR LUNCH. STUDENTS MUST TAKE A MINIMUM OF 1/2 CUP FRUIT OR VEGETABLES: MORE IS ALLOWED & BOTH ARE ALLOWED.

\*Mountain Union Elementary School District is an equal opportunity provider and employer. For a full nondiscrimination statement, please visit our school website