



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\*

# SEPTEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		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.	FRUIT PARFAIT <sup>1</sup>
NO SCHOOL LABOR DAY <sup>4</sup>	BISCUITS AND GRAVY WITH FRUIT <sup>5</sup> CHICKEN AND WAFFLES WITH VEGGIES AND FRUIT	BAGELS WITH CREAM CHEESE AND FRUIT <sup>6</sup> SLOPPY JOES WITH TATER TOTS AND FRUIT	ENGLISH MUFFIN WITH EGGS AND POTATO TRIANGLE <sup>7</sup> CHICKEN WITH MASHED POTATOES, CORN, BISCUIT AND FRUIT	FRENCH TOAST WITH FRUIT <sup>8</sup> PIZZA WITH GREEN SALAD
CEREAL AND FRUIT <sup>11</sup> ORANGE CHICKEN WITH BROWN RICE, VEGGIES AND FRUIT	BBREAKFAST SANDWICH AND FRUIT <sup>12</sup> BURRITOS WITH BEANS AND FRUIT	TOAST, EGGS AND POTATO TRIANGLE <sup>13</sup> HAMBURGERS WITH FRENCH FRIES AND FRUIT	CEREAL AND FRUIT <sup>14</sup> SUB SANDWICH WITH POTATO SALAD	WAFFLES AND FRUIT <sup>15</sup> BEEF SPAGHETTI WITH GREEN SALAD
CEREAL AND FRUIT <sup>18</sup> CORN DOGS WITH FRENCH FRIES AND FRUIT	MUFFIN AND YOGURT WITH FRUIT <sup>19</sup> NACHOS WITH TOPPINGS	BAGELS WITH CREAM CHEESE AND FRUIT <sup>20</sup> TERIYAKI CHICKEN WITH BROWN RICE, VEGGIES, FRUIT	OATMEAL WITH TOAST AND FRUIT <sup>21</sup> FISH STICKS WITH TATER TOTS	MUFFIN AND SMOOTHIE <sup>22</sup> PIZZA WITH GREEN SALAD
CEREAL AND FRUIT <sup>25</sup> SUB SANDWICH WITH MACARONI SALAD	BISCUITS AND GRAVY WITH FRUIT <sup>26</sup> BEEF TACOS WITH BEANS AND FRUIT	BREAKFAST SANDWICH AND FRUIT <sup>27</sup> ORANGE CHICKEN WITH BROWN RICE AND FRUIT	OATMEAL WITH TOAST AND FRUIT <sup>28</sup> CHICKEN PATTY SANDWICH	YOGURT PARFAIT <sup>29</sup> BEEF SPAGHETTI WITH GREEN SALAD

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