




NOVEMBER MENU

A LA CARTE MILK IS \$0.35 TO PURCHASE
 ADULT BREAKFAST \$3.00
 ADULT LUNCH \$4.50

SCHOOL BREAKFASTS & LUNCHES ARE FREE TO ALL ENROLLED STUDENTS!
 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 WITHOUT NOTICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					
CEREAL CHOICE	7	1	2	3	4
HAMBURGER WITH POTATO WEDGES & TOPPINGS BAR	8	1	2	3	4
CEREAL CHOICE	14	15	16	17	18
HOTDOG WITH FRENCH FRIES	21	22	23	24	25
	THANKSGIVING BREAK	THANKSGIVING BREAK	THANKSGIVING BREAK	THANKSGIVING BREAK	THANKSGIVING BREAK
CEREAL CHOICE	28	29	30		
CORNDOG WITH TATER TOTS					

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 1/4 CUP FRUIT OR VEGETABLES: MORE IS ALLOWED & BOTH ARE ALLOWED.

*Mt Union Elementary School District is an equal opportunity provider and employer. For a full nondiscrimination statement, please visit our website at www.muesd.org




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DECEMBER MENU

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 *LUNCH INCLUDES FRESH FRUIT &/OR CANNED FRUIT, FRESH SALAD &/OR FRESH VEGETABLES DAILY. ALL 5 MYPLATE CATEGORIES ARE REPRESENTED AT EACH MEAL SERVICE.
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 CEREAL CHOICE HAMBURGER WITH POTATO WEDGES & TOPPINGS BAR CEREAL CHOICE HOTDOG WITH FRENCH FRIES CEREAL CHOICE BRUNCH FOR LUNCH WINTER BREAK	STUDENTS MUST CHOOSE 3 OF THE 4 ITEMS OFFERED FOR BREAKFAST, 1/2 CUP OF FRUIT OR VEGETABLE MUST BE TAKEN BAGEL WITH CREAM CHEESE CHICKEN TACO WITH TOPPINGS BAR MUFFIN WITH YOGURT CHOICE NACHOS WITH TOPPINGS BAR BAGEL WITH CREAM CHEESE BEAN & CHEESE QUESADILLA WINTER BREAK	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. CINNAMON ROLL & SMOOTHIE GRILLED CHEESE SANDWICH WITH SOUP PAREFAIT CHOICE FUSION BOWL WITH TOPPINGS BAR DONUT & SMOOTHIE GRILLED CHEESE SANDWICH WITH SOUP WINTER BREAK	CEREAL CHOICE CHICKEN & WAFFLES WITH SYRUP CEREAL CHOICE ORANGE CHICKEN OVER BROWN RICE AND STEAMED VEGGIES CEREAL CHOICE POPCORN CHICKEN WITH MACARONI AND CHEESE CEREAL CHOICE TURKEY & GRAVY OVER MASHED POTATOES WINTER BREAK	1 PANCAKE SAUSAGE ON A STICK WITH SYRUP PIZZA 2 FRENCH TOAST WITH SYRUP PIZZA PANCAKES TOPPED WITH BERRIES & WHIPPED CREAM PIZZA WINTER BREAK WINTER BREAK WINTER BREAK
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

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