

# MARK WEST UNION SCHOOL DISTRICT Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Honey Graham Cereal	Cinnamon Graham Cereal	Honey Graham Cereal	Cinnamon Grahams Cereal	Honey Graham Cereal
3	4	5	6	7
Mango Muffin Dried Cranberries Whole Fruit Milk	Yogurt Parfait w/ Blueberries Honey Grahams Whole Fruit Milk	Pan Dulce 100% Fruit Juice Whole Fruit Milk	Banana Bread Orange Whole Fruit Milk	NO SCHOOL Parent/Teacher Conference
10	11	12	13	14
Banana Bread Apple Sauce Whole Fruit Milk	Chocolate Chip Muffin Flat Banana Whole Fruit Milk	Mantecada 100% Fruit Juice Whole Fruit Milk	Pan Dulce Orange Whole Fruit Milk	Cranberry Oatmeal Round Pear Whole Fruit Milk
17	18	19	20	21
Whole Grain Bagel w/ Cream Cheese Dried Cranberries Whole Fruit Milk	Mango Muffin Banana Whole Fruit Milk	Cinnamon Roll 100% Fruit Juice Whole Fruit Milk	Coffee Cake Orange Whole Fruit Milk	Vanilla Mini Loaf & String Cheese Pear Whole Fruit Milk
24	25	26	27	28
Chocolate Chip Muffin Flat Apple Sauce Whole Fruit Milk	Pan Dulce Banana Whole Fruit Milk	Apple Empanda 100% Fruit Juice Whole Fruit Milk	Banana Bread Orange Whole Fruit Milk	Cinnamon Delight Pear Whole Fruit Milk
31				
Chocolate Chip Muffin Flat Apple Sauce Whole Fruit Milk				

## Breakfast Menu OCTOBER 2022

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk. This institution is an equal opportunity provider.

