

MARK WEST UNION SCHOOL DISTRICT

Nov-22



Monday	Tuesday	Wednesday	Thursday	Friday
Fruit Loops w/ Cinnamon Grahams	Apple Jacks w/ Honey Grahams	Fruit Loops w/Cinnamon Grahams	Cinnamon Frosted Flakes w/ Honey Grahams	Fruit Loops w/ Cinnamon Grahams
	1 Yogurt Parfait w/ Blueberries Honey Grahams Whole Fruit Milk	2 Banana Bread 100% Fruit Juice Whole Fruit Milk	3 Cinnamon Frosted Flakes w/ Honey Grahams Orange Whole Fruit Milk	4 Coffee Cake Pear Whole Fruit Milk
7 Pan Dulce Apple Sauce Whole Fruit Milk	8 Apple Jacks w/ Honey Grahams Banana Whole Fruit Milk	9 Mantecada 100% Fruit Juice Whole Fruit Milk	10 Cinnamon Frosted Flakes w/ Honey Grahams Orange Whole Fruit Milk	11 Veterans' Day Holiday No School
14 Whole Grain Bagel w/ Cream Cheese Dried Cranberries Whole Fruit Milk	15 Apple Jacks w/ Honey Grahams Banana Whole Fruit Milk	16 Cinnamon Roll 100% Fruit Juice Whole Fruit Milk	17 Cinnamon Frosted Flakes w/ Honey Grahams Orange Whole Fruit Milk	18 Vanilla Mini Loaf & String Cheese Pear Whole Fruit Milk
21 	22	23	24	25 
THANKSGIVING BREAK- NO SCHOOL				
28 Chocolate Chip Muffin Flat Dried Cranberries Whole Fruit Milk	29 Apple Jacks w/ Honey Grahams Banana Whole Fruit Milk	30 Apple Empanada 100% Fruit Juice Whole Fruit Milk	<h1>Breakfast Menu</h1>	

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.