



MARK WEST UNION SCHOOL DISTRICT

MARCH 2023- Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Frosted Flakes w/ Cinnamon Grahams	Apple Jacks w/ Honey Grahams	Cinnamon Chex w/ Cinnamon Grahams	Fruit Loops w/ Honey Grahams	Frosted Flakes w/ Cinnamon Grahams
		1 Cinnamon Roll 100% Fruit Juice Whole Fruit Milk	2 Froot Loops w/ Honey Grahams Orange Whole Fruit Milk	3 Blueberry Mini Muffin & String Cheese Pear Whole Fruit Milk
6 Banana Bread Orange Whole Fruit Milk	7 Apple Jacks w/ Honey Grahams Banana Whole Fruit Milk	8 Pan Dulce 100% Fruit Juice Whole Fruit Milk	9 Froot Loops w/ Honey Grahams Orange Whole Fruit Milk	10 Cinnamon Delight Pear Whole Fruit Milk
13 Mantecada Orange Whole Fruit Milk	14 Apple Jacks w/ Honey Grahams Banana Whole Fruit Milk	15 Apple Berry ZeeZee Bar 100% Fruit Juice Whole Fruit Milk	16 Froot Loops w/ Honey Grahams Orange Whole Fruit Milk	17 Cranberry Oatmeal Roll Pear Whole Fruit Milk
20	21	22	23	24
SPRING BREAK No School				
27 Bagel w/Cream Cheese Orange Whole Fruit Milk	28 Yogurt Parfait w/ Strawberries Honey Grahams Whole Fruit Milk	29 Cinnamon Roll 100% Fruit Juice Whole Fruit Milk	30 Froot Loops w/ Honey Grahams Orange Whole Fruit Milk	31 Blueberry Mini Muffin & String Cheese Pear Whole Fruit Milk

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.