

MARK WEST UNION SCHOOL DISTRICT

Breakfast Menu

October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
Frosted Flakes Cereal w/ Honey Grahams	Vanilla Concha	Cinnamon Chex Cereal w/ Honey Grahams	Vanilla Muffin	No School
Mantecada Sweet Bread Orange Whole Fruit Milk	Banana Whole Fruit Milk	Cinnamon Roll 100% Fruit Juice Whole Fruit Milk	Orange Whole Fruit Milk	Parent / Teacher Conference Day
9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
Frosted Flakes Cereal w/ Honey Grahams	Vanilla Concha w/Pear	Cinnamon Chex Cereal w/ Honey Grahams	Lemon Muffin	Cherrios Cereal w/ Honey Grahams
Cinnamon Delight Bar Orange Whole Fruit Milk	Yogurt Parfait w/ Berries Honey Grahams Banana Whole Fruit Milk	Banana Bread Slice 100% Fruit Juice Whole Fruit Milk	Banana Whole Fruit Milk	Vanilla Mini Loaf & String Cheese Pear Whole Fruit Milk
16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
Frosted Flakes Cereal w/ Honey Grahams	Vanilla Concha	Cinnamon Chex Cereal w/ Honey Grahams	Blueberry Muffin	Cherrios Cereal w/ Honey Grahams
Cinnamon Crumble Orange Whole Fruit Milk	Banana Whole Fruit Milk	Berry Apple Crisp Bar 100% Fruit Juice Whole Fruit Milk	Banana Whole Fruit Milk	Bagel w/ Cream Cheese Pear Whole Fruit Milk
23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
Frosted Flakes Cereal w/ Honey Grahams	Vanilla Concha	Cinnamon Chex Cereal w/ Honey Grahams	Vanilla Muffin	Cherrios Cereal w/ Honey Grahams
Mantecada Sweet Bread Orange Whole Fruit Milk	Banana Whole Fruit Milk	Cinnamon Roll 100% Fruit Juice Whole Fruit Milk	Banana Whole Fruit Milk	Cranberry Oatmeal Round Pear Whole Fruit Milk
30-Oct	31-Oct	1-Nov	2-Nov	3-Nov
Frosted Flakes Cereal w/ Honey Grahams	Vanilla Concha	Cinnamon Chex Cereal w/ Honey Grahams	Lemon Muffin	Cherrios Cereal w/ Honey Grahams
Cinnamon Delight Bar Orange Whole Fruit Milk	Yogurt Parfait w/ Berries Honey Grahams Banana Whole Fruit Milk	Banana Bread Slice 100% Fruit Juice Whole Fruit Milk	Banana Whole Fruit Milk	Vanilla Mini Loaf & String Cheese Pear Whole Fruit Milk

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk.

MENU SUBJECT TO CHANGE WITHOUT NOTICE



This institution is an equal opportunity provider.