

MARK WEST UNION SCHOOL DISTRICT

Breakfast Menu

November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
30-Oct	31-Oct	1-Nov	2-Nov	3-Nov
Frosted Flakes Cereal w/ Honey Grahams	Orange 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/ Strawberries Honey Grahams Orange Whole Fruit -Milk	Banana Bread Slice 100% Fruit Juice Whole Fruit Milk	Orange Whole Fruit Milk	Vanilla Mini Loaf & String Cheese Pear Whole Fruit Milk
6-Nov	7-Nov	8-Nov	9-Nov	10-Nov
Cherrios Cereal w/ Honey Grahams	Vanilla Concha	Frosted Flakes Cereal w/ Honey Grahams	Blueberry Muffin	HOLIDAY
Cinnamon Crumble Orange Whole Fruit Milk	Orange Whole Fruit Milk	Yogurt Cup w/Honey Grahams 100% Fruit Juice Whole Fruit Milk	Banana Whole Fruit Milk	No School
13-Nov	14-Nov	15-Nov	16-Nov	17-Nov
Cherrios Cereal w/ Honey Grahams	Vanilla Concha	Frosted Flakes Cereal w/ Honey Grahams	Lemon Muffin	Cinnamon Chex Cereal w/ Honey Grahams
Mantecada Sweet Bread Orange Whole Fruit Milk	Yogurt Parfait w/ Blueberries Honey Grahams Orange Whole Fruit Milk	Banana Bread 100% Fruit Juice Whole Fruit Milk	Banana Whole Fruit Milk	Bagel w/ Cream Cheese Pear Whole Fruit Milk
20-Nov	21-Nov	22-Nov	23-Nov	24-Nov
THANKSGIVING BREAK				
NO SCHOOL				
27-Nov	28-Nov	29-Nov	30-Nov	1-Dec
Cherrios Cereal w/ Honey Grahams	Vanilla Concha	Frosted Flakes Cereal w/ Honey Grahams	Vanilla Muffin	Cherrios Cereal w/ Honey Grahams
Cinnamon Delight Bar Orange Whole Fruit Milk	Orange Whole Fruit Milk	Cinnamon Roll 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.