



# OCTOBER

## Union High School Breakfast Menu

Students may choose one of the following instead of the main entrée:

Assorted Cereal  
Cereal Bars  
Elf Grahams

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Assorted Pop Tarts	2 Assorted Donut Holes	3 Breakfast Sausage Pizza
6 Mini Cinnis	7 Benefit Bars	8 Snack n Waffles	9 Funnel Cake	10 Breakfast Sandwich
13 Mini French Toast	14 Churros	15 Mini Filled Bagels	16 Frudel	17 Soft Pretzel
20 Mini Pancakes	21 Pancake and Sausage Stick	22 Assorted Pop Tarts	23 Assorted Donut Holes	24 ALF Day No School
27 Mini Cinnis	28 Benefit Bars	29 Snack n Waffles	30 Funnel Cake	31 Breakfast Sausage Pizza

Students may choose one of the daily entrée choices which includes the protein and grain requirement. Students may also choose from a variety of fresh and canned fruits, vegetables and milk. Students must choose at least 3 of 5 menu components to make a complete meal, one of which must be a fruit or vegetable. Menus are subject to change.