



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 Frudel	2 Soft Pretzel with Cheese
5 Mini Cinnis	6 Benefit Bars	7 Mini Filled Bagels	8 Assorted Donut Holes	9 ALF Day School Closed
12 Mini French Toast	13 Churros	14 Assorted Pop Tarts	15 Funnel Cake	16 Breakfast Pizza
19 Mini Pancakes	20 Pancake and Sausage Stick	21 Snack n Waffles	22 Frudel	23 Breakfast Sandwich
26 Mini Cinnis	27 Benefit Bars	28 Mini Filled Bagels	29 Assorted Donut Holes	30 Soft Pretzel with Cheese

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.

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