

MARK WEST UNION SCHOOL DISTRICT Breakfast Menu



Monday

Honey Graham Cereal

Tuesday

Cinnamon Graham
Cereal

Wednesday

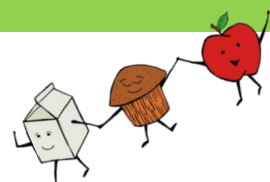
Honey Graham Cereal

Thursday

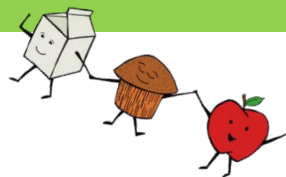
Cinnamon Grahams
Cereal

Friday

Honey Graham Cereal



September 2022



5

LABOR DAY
NO SCHOOL

12

Pan Dulce
Apple Sauce
Whole Fruit
Milk

19

Whole Grain Bagel w/
Cream Cheese
Orange
Whole Fruit
Milk

26

Chocolate Chip Muffin
Flat
Apple Sauce
Whole Fruit
Milk

6

Mango Muffin
Banana
Whole Fruit
Milk

13

Cinnamon Delight
Banana
Whole Fruit
Milk

20

Pan Dulce
Banana
Whole Fruit
Milk

27

Vanilla Mini Loaf & String
Cheese
Banana
Whole Fruit
Milk

7

Yogurt Parfait w/ Blueberries
Honey Grahams
Fruit
Milk

14

Mantecada Muffin
Pear
Whole Fruit
Milk

21

Orange Muffin
Pear
Whole Fruit
Milk

28

Banana Bread
Pear
Whole Fruit
Milk

8

Orange Muffin
100% Fruit Juice
Whole Fruit
Milk

15

Banana Bread
100% Fruit Juice
Whole Fruit
Milk

22

Mantecada Muffin
Orange
100% Fruit Juice
Milk

29

Orange Muffin
100% Fruit Juice
Whole Fruit
Milk

9

Cinnamon Delight
Apple
Whole Fruit
Milk

16

Coffee Cake
Apple
Whole Fruit
Milk

23

Cranberry Oatmeal
Round
Apple
Whole Fruit
Milk

30

Vanilla Mini Loaf & String
Cheese
Apple
Whole Fruit
Milk

Cinnamon Delight
Apple
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.

