

UNION LOCAL
High/ Middle School Breakfast Menu
September 2022

Menu Subject to Change/ Milk, Fresh Fruit & Juice Served Daily With All Breakfast

<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>
			Breakfast Sandwich (Egg & Cheese) Or Corn Pops Cereal w/Cheese Stick ¹	Apple Jacks Cereal w/ Graham Crackers Or Butterscotch Oatmeal Bar w/ Graham Crackers ²
NO SCHOOL ⁵	2 Slices Cinnamon Toast w/ Cheese Stick Or Apple Jacks Cereal w/ Cheese Stick ⁶	Yogurt w/ Asst. Toppings w/ Graham Crackers Or English Muffin, Jelly & Cheese Stick ⁷	Oatmeal W/ Asst. Toppings w/ Cheese Stick Or Cinn. Toast Crunch Cereal Bar w/ Cheese Stick ⁸	NO SCHOOL ⁹
Apple Jacks Cereal w/ Graham Crackers Or Mini Wheats Cereal w/ Graham Crackers ¹²	Oatmeal W/ Asst. Toppings w/ Cheese Stick Or Cinn. Toast Crunch Cereal Bar w/ Cheese Stick ¹³	Yogurt w/ Asst. Toppings w/ Graham Crackers Or English Muffin, Jelly & Cheese Stick ¹⁴	Cinnamon Roll w/ Cheese Stick or Trix Cereal w/ Cheese Stick ¹⁵	Lucky Charms Cereal w/ Graham Crackers Or Strawberry Cheerios Bar w/ Graham Crackers ¹⁶
Mini Wheats Cereal w/ Graham Crackers Or Berry Rice Krispy Bar w/ Graham Crackers ¹⁹	Biscuits & Gravy w/ Cheese Stick Or Golden Graham Cereal Bar w/ Cheese Stick ²⁰	Yogurt w/ Asst. Toppings w/ Graham Crackers Or Egg Patty & Toast ²¹	Bagel, Cream Cheese & Jelly w/ Cheese Stick Or Oatmeal Choc. Chip Bar w/ Cheese Stick ²²	Cinn. Toast Crunch Cereal w/ Graham Crackers Or Cocoa Puffs Cereal Bar w/ Graham Crackers ²³
Cinnamon Toast Crunch Cereal w/ Graham Crackers Or Gripz w/ Graham Crackers & Cheese Stick ²⁶	2 Pancakes w/ Cheese Stick Or Cocoa Puffs Cereal w/ Cheese Stick ²⁷	Yogurt w/ Asst. Toppings w/ Graham Crackers Or Egg Patty, Sausage Link & Toast ²⁸	Funnel Cake w/ Cheese Stick Or Fruit Loops Cereal w/ Cheese Stick ²⁹	Mini Wheats Cereal w/ Graham Crackers Or Trix Cereal Bar w/ Graham Crackers ³⁰

"This institution is an equal opportunity provider."