

UNION LOCAL
High/ Middle School Breakfast Menu

September 2023

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>
				1 Mini Wheats Cereal w/ Graham Crackers Or Trix Cereal Bar w/ Graham Crackers
NO SCHOOL 4	Oatmeal W/ Asst. Toppings w/ Cheese Stick Or Cinn. Toast Crunch Cereal w/ Cheese Stick 5	Yogurt w/ Asst. Toppings w/ Graham Crackers Or Cheese Filled Breadstick w/ Graham Crackers 6	Breakfast Sandwich (Egg & Cheese) Or Corn Pops Cereal w/Cheese Stick 7	NO SCHOOL STAFF DEVELOPMENT 8
Mini Wheats Cereal w/ Graham Crackers Or Berry Rice Krispy Bar w/ Graham Crackers 11	Biscuits &Gravy w/ Cheese Stick Or Golden Graham Cereal Bar w/ Cheese Stick 12	Yogurt w/ Asst. Toppings w/ Graham Crackers Or Egg Patty & Toast 13	Bagel, Cream Cheese & Jelly w/ Cheese Stick Or Oatmeal Choc. Chip Bar w/ Cheese Stick 14	Cinn. Toast Crunch Cereal w/ Graham Crackers Or Cocoa Puffs Cereal Bar w/ Graham Crackers 15
Cocoa Puffs Cereal w/ Graham Crackers Or Asst. Nutri Grain Bars w/ Graham Crackers 18	Jet Griddle w/ Cheese Stick Or Double Choc. Oatmeal Bar w/ Cheese Stick 19	Yogurt w/ Asst. Toppings w/ Graham Crackers Or Blueberry Scone, Cheese Stick w/ Graham Crackers 20	2 Slices Cinnamon Toast w/ Cheese Stick Or Apple Jacks Cereal w/ Cheese Stick 21	Lucky Charms Cereal w/ Graham Crackers Or Asst. Pop Tarts W/ Graham Crackers 22
Apple Jacks Cereal w/ Graham Crackers Or Mini Wheats Cereal w/ Graham Crackers 25	Oatmeal W/ Asst. Toppings w/ Cheese Stick Or Cinn. Toast Crunch Cereal Bar w/ Cheese Stick 26	Yogurt w/ Asst. Toppings w/ Graham Crackers Or English Muffin, Jelly & Cheese Stick 27	Cinnamon Roll w/ Cheese Stick or Trix Cereal w/ Cheese Stick 28	Lucky Charms Cereal w/ Graham Crackers Or Strawberry Cheerios Bar w/ Graham Crackers 29

“This institution is an equal opportunity provider.”

