

MAY BREAKFAST



Mark West Union School District

Monday	Tuesday	Wednesday	Thursday	Friday
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				1 Chocolate Chip Muffin Top Honey Bunches of Oats Pancake Breakfat Sandwich
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4 Vanilla Concha Cheerios Cereal French Toast Sticks	5 Chocolate Chip Muffin Top Honey Bunches of Oats Mini Pancakes	6 Cinnamon Swirl Cheerios Cereal English Muffin Breakfast Sandwich	7 Blueberry Muffin Honey Bunches of Oats Cereal Mini Pancakes	8 Strawberry Parfait w/Granola Cinnamon Chex Cereal
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11 Cinnamon Crumble Honey Bunches of Oats Hand Pie	12 Mantecada Muffin Cinnamon Chex Cereal English Muffin Breakfast Sandwich	13 Conchita w/ String Cheese Cheerios Cereal Mini Pancakes	14 Yogurt & Grahams Cinnamon Chex Cereal Stuffed Waffle	15 No School
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18 Vanilla Concha Cheerios Cereal	19 Chocolate Chip Muffin Top Honey Bunches of Oats Pancakes	20 CinnamonSwirl Cheerios Cereal English Muffin Breakfast Sandwich	21 Blueberry Muffin Honey Bunches of Oats Cereal Mini Pancakes	22 No School
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25 No School	26 Mantecada Muffin Cinnamon Chex Cereal	27 Conchita w/ String Cheese Cheerios Cereal Mini Pancake	28 Smoothie w/Granola Cinnamon Chex Cereal Stuffed Waffle	29 Chocolate Chip Muffin Top Honey Bunches of Oats Pancake Breakfat Sandwich
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Breakfast Includes:	Featured Fruit:	RevUp Rewards:
Choice of 1% or Fat Free Milk Fruit of the Day (V) Vegetarian *Cereal Served w/ Honey Grahams *All grains are wholegrain rich	Apples, Apple Slices, Applesauce Cups, Bananas, Oranges, Pears, Raisins, 100% Fruit Juice Seasonal Fruit: Blood Oranges	Scan Our QR Code Daily Rate the Meal You Ate You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards



MAY Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
Cheeseburger & Fries Chicken Bites w/ Fries "P"B&J BYO Kit w/ Corn Tajin (V)	Pizza Bites w/ Marinara Sauce (V) Chicken Dumplings w/ Not So Fried Rice Beef Taco Stick w/ Baby Carrots Cheese Pizza Kit (V)	BBQ Chicken w/ Baked Beans Cheese Tamale w/ Black Beans (V) Grilled Cheese w/Fave Beans (V) Veggie Chef Salad (V)	Spaghetti w/ Meatsauce Grilled Cheese w/ Baby Carrots (V) Mantecada Muffin, Yogurt, String Cheese Kit (V)	Pepperoni Pizza Cheese Pizza (V) Turkey & Cheese Sub Sandwich
11	12	13	14	15
Crispy Chicken Sandwich & Fries Veggie Burger & Wedges (V) BYO "P"B&J Kit w/ Corn Tajin (V)	Chicken Tamale w/ Mixed Veg Pizza Bites w/ Marinara Sauce (V) Beef Taco Stick w/ Baby Carrots Turkey & Cheese Sub Sandwich	Chicken Teriyaki w/ Not So Fried Rice Cheese Lasagna (V) Bean & Cheese Burrito w/ Baby Carrots(V) Cheese Pizza Kit (V)	Turkey Nachos w/ Tortilla Chips Grilled Cheese w/ Fava Beans (V) Veggie Chef Salad (V)	No School
18	19	20	21	22
Hot Dog & Fries Beef Elote Loaded Potatoes BYO "P"B&J Kit w/ Corn Tajin (V)	Bean & Cheese Pupusa w/ Curtido (V) Chicken Alfredo Pasta w/ Peas Beef Taco Stick w/ Baby Carrots (V) Turkey Trio Sandwich	Chicken Teriyaki w/ Not So Fried Rice Mac & Cheese w/ Mixed Veg (V) Bean & Cheese Burrito w/ Baby Carrots(V) Turkey & Cheese Sandwich	Turkey Nachos w/ Tortilla Chips Cheese Tamale w/ Black Beans (V) Veggie Chef Salad (V)	No School
15	26	27	28	29
No School	Pizza Bites w/ Marinara Sauce (V) Chicken Dumplings w/ Not So Fried Rice Beef Taco Stick w/ Baby Carrots Cheese Pizza Kit (V)	Turkey Nachos w/ Tortilla Cips Grilled Cheese w/ Baby Carrots (V) Veggie Chef Salad (V)	Cheese Lasagna (V) Pizza Bites w/ Marinara Sauce (V) Beef Taco Stick w/ Baby Carrots Mantecada Muffin, Yogurt, String Cheese Kit (V)	Pepperoni Pizza Cheese Pizza (V) Turkey & Cheese Sub Sandwich
Lunch Includes:	Veg of the Day:	Featured Fruit:	RevUp Rewards:	
Choice of 1% or Fat Free Milk Fruit & Vegetable of the Day (V) Vegetarian *May include an extra 1/2 cup veg for compliance *Allgrainsarewholegrainrich	Monday: French Fries/ Corn Tuesday: Baby Carrots Wednesday: Cucumber / Celery Thursday: Crispy Beans Friday: Side Salad w/ Dressing	Apples, Apple Slices, Bananas, Pears, Oranges 100% Juice Seasonal: Tangerines	Scan Our QR Code Daily Rate the Meal You Ate You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards	

