

Mark West Union School District

 August Menu Breakfast 				
Monday	Tuesday	Wednesday	Thursday	Friday
Aug 3	Aug 4	Aug 5	Aug 6	Aug 7
	Welcome Back to School			
Aug 10	Aug 11	Aug 12	Aug 13	Aug 14
		 Last day of Summer School Starts August 13th 	Yogurt & Honey Grahams	ChocolateChipSweet Potato Muffin Top
			Balance Foods Maple Cinnamon Puffs Cereal	Cinnamon Chex Cereal
			Sausage & Cheese Croissant	Mini Strawberry Pancakes
			Fruit: Banana & Pear	Fruit: AppleSlices& Banana
Aug 17	Aug 18	Aug 19	Aug 20	Aug 21
Cinnamon Crumble	Vanilla Conchita with String Cheese	Blueberry Muffin	Croissant withJelly	Yogurt & Honey Grahams
Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cheerios Cereal	Cinnamon Chex Cereal	Balance Foods Chocolate Puffs Cereal
French Toast Sticks	Sausage Pancake Sandwich	Egg & Cheese Burrito with Green Salsa	Oatmeal with Blueberries	Mini Maple Pancakes
Fruit: Apple & Nectarine	Fruit: 100%FruitJuice & Pear	Fruit: Pear & Apple	Fruit: Banana & Pear	Fruit: AppleSlices& Banana
Aug 24	Aug 25	Aug 26	Aug 27	Aug 28
Vanilla Concha	Banana Muffin	Bagel & Cream Cheese	Berry & AppleBar	Strawberry YogurtParfait with Cinnamon Granola
Cheerios Cereal	Cinnamon Chex Cereal	Balance Foods Chocolate Puffs Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal
French Toast Sticks	Sausage & Cheese English Muffin Breakfast Sammie	Mini Strawberry Pancakes	Waffle	Egg & Cheese Burrito with Green Salsa
Fruit: Apple & Nectarine	Fruit: 100%FruitJuice & Pear	Fruit: Pear & Apple	Fruit:Banana& Pear	Fruit: AppleSlices& Banana
Aug 31	Sep 1	Sep 2	Sep 3	Sep 4
Cinnamon Swirl	Yogurt & StringCheese	StrawberryBananaSmoothie with Granola	Yogurt & Honey Grahams	ChocolateChipSweet Potato Muffin Top
Balance Foods Chocolate Puffs Cereal	Cheerios Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cinnamon Chex Cereal
Apple Hand Pie	Sausage & Cheese Stuffed Waffle	Mini Maple Pancakes	Sausage & Cheese Croissant	Mini Strawberry Pancakes
Fruit: Apple & Nectarine	Fruit: 100% Fruit Juice & Pear	Fruit: Plum & Apple	Fruit: Banana & Pear	Fruit: Apple Slices & Banana
Breakfast Includes: Choice of 1% or Fat Free Milk & Fruit of the Day				
			All Grains Are Wholegrain Rich <i>Menu is Subject to Change</i>	

This institution is an equal opportunity provider. Menus are subject to change without notice.

A photograph of a typical school lunch tray. The tray is divided into sections containing a whole tomato, a portion of diced carrots, a serving of chicken nuggets, a portion of white rice mixed with green peas and diced carrots, and a small carton of 'The Lowfat Milk' brand milk. The tray is set against a background of stylized, colorful illustrations of vegetables like carrots and broccoli.

Vegetarian Meals in Green
All Grains Are Wholegrain Rich
Menu is Subject to Change

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