

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

"This institution is an equal opportunity provider."