



MARK WEST UNION SCHOOL DISTRICT



January 2023- Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Frosted Flakes w/ Cinnamon Grahams	Apple Jacks w/ Honey Grahams	Frosted Flakes w/ Cinnamon Grahams	Fruit Loops w/ Honey Grahams	Apple Jacks w/ Honey Grahams
2	3	4	5	6
Winter Break No School	Apple Jacks Honey Grahams Banana Whole Fruit Milk	Pan Dulce 100% Fruit Juice Whole Fruit Milk	Froot Loops w/ Honey Grahams Orange Whole Fruit	Banana Bread Pear Whole Fruit Milk
9	10	11	12	13
Frosted Flakes w/ Cinnamon Grahams Dried Cranberries Whole Fruit Milk	Yogurt Parfait w/ Strawberries Honey Grahams Whole Fruit Milk	Banana Bread 100% Fruit Juice Whole Fruit Milk	Froot Loops w/ Honey Grahams Orange Whole Fruit	Blueberry Mini Muffin & String Cheese Whole Fruit Milk
16	17	18	19	20
MLK Holiday	Apple Jacks w/ Honey Grahams Whole Fruit Milk	Mantecada 100% Fruit Juice Whole Fruit Milk	Froot Loops w/ Honey Grahams Orange Whole Fruit	Cinnamon Roll Pear Whole Fruit Milk
23	24	25	26	27
Bagel w/ Cream Cheese Dried Cranberries Whole Fruit Milk	Apple Jacks w/ Honey Grahams Whole Fruit Milk	Cranberry Oatmeal Round 100% Fruit Juice Whole Fruit Milk	Froot Loops w/ Honey Grahams Orange Whole Fruit Milk	Pan Dulce Pear Whole Fruit Milk
30	31	1	2	3
Chocolate Chip Muffin Flat Dried Cranberries Whole Fruit Milk	Yogurt Parfait w/ Strawberries Honey Grahams Whole Fruit Milk	Cinnamon Delight 100% Fruit Juice Whole Fruit Milk	Froot Loops w/ Honey Grahams Orange Whole Fruit Milk	Blueberry Mini Muffin String Cheese Pear Whole Fruit Milk

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk. This institution is an equal opportunity provider.