



Mount Union JR/SR High-May 2025



Monday	Tuesday	Wednesday	Thursday	Friday
			5/1/25	5/2/25
			Ham, egg, & cheese on a wheat english muffin or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Burrito or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
5/5/25	5/6/25	5/7/25	5/8/25	5/9/25
French Toast Sticks w/ Sausage or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Sausage, egg & cheese on a whole grain bagel or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Dutch Waffle or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Bacon, egg & cheese on a maple flatbread or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Chocolate Donuts or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
5/12/25	5/13/25	5/14/25	5/15/25	5/16/25
Blueberry Donut Holes or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Bacon, egg & cheese on a whole grain croissant or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Maple Pancakes w/Sausage links or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted Strudels or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Dutch Waffle or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
5/19/25	5/20/25	5/21/25	5/22/25	5/23/25
Pancake on a Sick or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Ham, egg & cheese on a whole grain bagel or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Pizza or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Sausage, egg & cheese on a Croissant or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Glazed Donuts or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
5/26/25	5/27/25	5/28/25		
	Sausage, egg & cheese on a whole grain bagel or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Sliced Banana Bread or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk		

What is a Meal?
You must choose at least 3 of the 4 components available for the school breakfast price.

Choice of: Grain or grain/protein
Choice of fruit or vegetable (must take at least a 1/2 cup) and
Choice of Milk
Choice of Milk - 1% white or fat-free chocolate

You must take at least 1/2 cup of fruit or vegetable

Whole Grain Cereal Selection May Include:
Cinnamon Toast Crunch

Trix

Cocoa Puffs

Lucky Charms

Served with Crackers

Fruit May Include:
Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice , fresh fruit selection including , bananas and oranges

Tina Werner
General Manager
ma1037 @metzcorp.com
814-542-2518 #126

Student Extra Breakfast - \$1.50
Adult Breakfast - \$3.00

USDA is an equal opportunity provider and employer.