## **Mount Union Area**JR/SR High Breakfast Menu

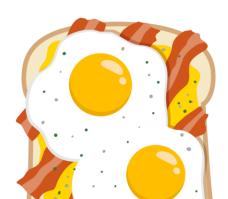
## **November 2025**

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
3	4	5 Breakfast Scramble Bowl	6	<b>7</b> Breakfast Banana Split	Students must choose at least 3 of the 4 components available for the school breakfast price.
Mini Cini Rolls	Breakfast Sandwich	Apple Strudel	Sausage, Egg & Cheese on a Biscuit	Banana Bread	- Choice of Whole Grain - Choice of Protein - Choice of Fruit or Vegetable
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	- Choice of Milk  A minimum ½ cup serving of fruit or vegetable must accompany a
10	11	12	13	14	reimbursable breakfast.
Egg, Sausage & Cheese Maple Flatbread	No School	French Toast Sticks with Sausage	Bacon, Egg & Cheese Croissant	Chocolate Chip French Toast	Whole Grain Cereals (served with graham crackers)
Assorted Cereals or Cereal Bar with Graham Crackers	Veteran's Day	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios  Choice of Fruit
17	18	19	20	21	Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice
Cinnamon Roll	Sausage, Egg & Cheese Bagel	Breakfast Scramble Bowl Assorted Donuts	Breakfast Sandwich	Breakfast Banana Split Blueberry Muffin	Choice of Milk 1% white, fat-free chocolate,
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	
24	25	26	27	28	
Breakfast Pizza	Breakfast Scrambler	Egg & Cheese Croissant	No School	No School	
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Happy Thanksgiving!		
					(V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg (VG) Vegan These items do not contain any animal products
MUASD Tina Werner, General Manager 814-542-2518 ext. 126 ma1037@metzcorp.com		Meal Prices Student Breakfast Extra Breakfast Faculty Breakfast	Free \$1.50 \$3.00		Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.







## **November 2025**

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?		
bfavo/	Students must choose at least 3 of the 5 components available for the						
3	4	5	6	7	school lunch price.		
Chicken Cheddar Bacon Ranch Sub	Grilled Ham & Cheese Sandwich	Pizza Casserole with a Breadstick	Buffalo Chicken Stromboli	Walking Taco	- Choice of Whole Grain - Choice of Protein - Choice of Vegetable		
Hot Ham & Cheese Pretzel Melt	Classic Toasted Cheese Sandwich (V)	Nashville Hot Chicken Maple Flatbread	Corn Dog	BBQ Pork Sandwich	- Choice of Fruit - Choice of Milk		
FEATURED VEGGIES BBQ Baked Beans Fresh Bruschetta	FEATURED VEGGIES Tomato Soup Celery Sticks	FEATURED VEGGIES Steamed Green Beans Chickpea Salad	FEATURED VEGGIES  Cheesy Broccoli  Coleslaw	FEATURED VEGGIES Steamed Rice Tomato Mozzarella Salad	A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.		
bfave/							
10	11	12	13	14	Choice of Vegetable		
Chicken Patty	No School	Popcorn Chicken Mashed Potato Bowl with Roll	Buffalo Chicken Dip over French Fries	Loaded Pierogi Bacon Cheeseburger	Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables		
Turkey & Cheese Melt	Veteran's Day	BBQ Ribby	Beef & Cheese Quesadilla	Dacon Onceseburger	Choice of Fruit		
FEATURED VEGGIES  Baked Beans Baby Carrots		FEATURED VEGGIES Steamed Corn Cucumber & Tomato Salad	FEATURED VEGGIES Crinkle Cut Oven Fries Tossed Salad	FEATURED VEGGIES Roasted Sweet Potato Broccoli Salad	Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice		
bfavo/	•			•	Choice of Milk		
					1% white, fat-free chocolate,		
17 General Tso's Chicken	18	<b>19</b> Thanksgiving Meal	20	21			
over Brown Rice	Chicken Quesadilla		Hot Ham & Cheese Croissant	Buffalo Chicken Flatbread	Daily Alternates		
Double Cheeseburger	Corn Dog	Roasted Turkey Stuffing	Chicken Tenders	Fish Sandwich	Fresh Entree Salad of the Week Craveables		
FEATURED VEGGIES  Green Beans  Baby Carrots	FEATURED VEGGIES Chicken Noodle Soup Strawberry Spinach Salad	Cranberry Sauce FEATURED VEGGIES Mashed Potatoes Corn	FEATURED VEGGIES Crinkle Cut Oven Fries Fresh Grape Tomatoes	FEATURED VEGGIES Steamed Peas Chickpea Salad	Weekly Cold Cut Sandwiches & Wrap  Pizza of the Week in Addition to the		
blave	Strawberry Spiriach Salau	Com	Fresh Grape Tolliatoes	Спіскреа Заіац	Pepperoni Pizza Daily		
				-			
<b>24</b> Cheeseburger Tater Tot Bowl	<b>25</b> Toasted Cheeseburger Flatbread	<b>26</b> Chicken Patty on a Bun	27 NO SCHOOL	28			
BBQ Ribby	Grilled Turkey & Cheese	Sausage Egg & Cheese on a Croissant	HAPPY THANKSGIVING	NO SCHOOL			
FEATURED VEGGIES  Tater Tots  Baby Carrots	FEATURED VEGGIES Chili Strawberry Spinach Salad	FEATURED VEGGIES BBQ Baked Beans Steamed Broccoli					
Baby Garrots	Stambolly Opiliabil Galau	Steamed Broccon					
					(V) Vegetarian These items do not contain meat,		
					poultry, or seafood, but may contain dairy and/or egg		
					(VG) Vegan These items do not contain any animal products		
MUASD		Meal Prices			N / - + -		
Tina Werner, General Manager 814-542-2518 ext. 126 ma1037@metzcorp.com		Student Lunch Extra Lunch Faculty Lunch	Free \$3.00 \$4.85		LVLETZ  CULINARY MANAGEMENT ENVIRONMENTAL SERVICES		

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