



Mount Union JR/SR High
Breakfast Menu

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal? Students must choose at least 3 of the 4 components available for the school breakfast price. - Choice of Whole Grain - Choice of Protein - Choice of Fruit or Vegetable - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast. Whole Grain Cereals <i>(served with graham crackers)</i> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry (V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (VG) Vegan <i>These items do not contain any animal products</i>
29 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	30 Breakfast Burrito Assorted Cereals or Cereal Bar with Graham Crackers	1 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	2 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	3 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	
6 Cinnamon Roll Assorted Cereals or Cereal Bar with Graham Crackers	7 Bacon, Egg & Cheese On a Bagel Assorted Cereals or Cereal Bar with Graham Crackers	8 Apple Pie Smoothie Bowl with Graham Crackers Banana Bread Assorted Cereals or Cereal Bar with Graham Crackers	9 French Toast Sticks with Sausage Assorted Cereals or Cereal Bar with Graham Crackers	10 Breakfast Banana Split Blueberry Muffin Assorted Cereals or Cereal Bar with Graham Crackers	
13 Mini Blueberry Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers	14 Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	15 Eggo Froot Loop Waffles Assorted Cereals or Cereal Bar with Graham Crackers	16 Glazed Dunkin Sticks Breakfast Scramble Bowl Assorted Cereals or Cereal Bar with Graham Crackers	17 Strawberries & Cream Overnight Oats Cup with Graham Crackers Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	
20 Mini Cini Rolls Assorted Cereals or Cereal Bar with Graham Crackers	21 Breakfast Scrambler Assorted Cereals or Cereal Bar with Graham Crackers	22 Strawberries & Cream Smoothie Bowl with Graham Crackers Pancake on a Stick Assorted Cereals or Cereal Bar with Graham Crackers	23 French Toast Sticks with Sausage Assorted Cereals or Cereal Bar with Graham Crackers	24 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers	
27 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	28 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	29 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	30 Assorted Donuts Assorted Cereals or Cereal Bar with Graham Crackers	31 Breakfast Banana Split Banana Bread Assorted Cereals or Cereal Bar with Graham Crackers	
<div><div>Mount Union Area School District Tina Werner, General Manager 814-542-2518 ext. 126 ma1037@metzcorp.com</div><div>Meal Prices Student Breakfast Extra Breakfast Faculty Breakfast</div><div><div>Free \$1.50 \$3.00</div><div></div></div></div>					
<div><div><div>Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES</div></div></div>					

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



Mount Union JR/SR High
Lunch Menu

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal? Students must choose at least 3 of the 5 components available for the school lunch price. - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch. Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free chocolate, Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches & Wraps Weekly Pizza Specials Week 1- Buffalo Chicken Pizza Week 2- Taco Pizza Week 3- Cheeseburger Pizza Week 4- Buffalo Chicken Pizza Week 5- Meat Lovers Pizza
29 General Tso's Chicken over Brown Rice Steamed Edamame over Brown Rice (V) FEATURED VEGGIES Steamed Broccoli Cucumber Salad	30 Beef Enchilada Black Bean Enchilada (V) FEATURED VEGGIES Curly Fries Black Bean Salsa	1 Popcorn Chicken Mashed Potato Bowl BBQ Ribby FEATURED VEGGIES Steamed Corn Broccoli Salad	2 Grilled Ham & Cheese Sandwich Classic Toasted Cheese Sandwich FEATURED VEGGIES Tomato Soup Celery Sticks	3 Chicken Patty on a Bun Cheeseburger FEATURED VEGGIES Glazed Carrots Cucumber & Tomato Salad	
6 Cheeseburger Macaroni with Garlic Stick Italian Grilled Chicken Bruschetta Sandwich FEATURED VEGGIES Green Beans Baby Carrots	7 Smokehouse BBQ Pork Ribs Cowboy Burger FEATURED VEGGIES Scalloped Potatoes Strawberry Spinach Salad	8 Italian Meatball & Cheese on Toasted Baguette Black Bean Burger (V) FEATURED VEGGIES Sweet Chili Brussels Sliced Cucumbers	9 Chicken Cheesesteak with Pickled Red Onions Sloppy Joe on a Brioche Bun FEATURED VEGGIES Crinkle Cut Oven Fries Fresh Grape Tomatoes	10 Loaded Pierogies With Bacon & Cheese Fish Sandwich FEATURED VEGGIES Roasted Sweet Potato Chickpea Salad	
13 Chicken & Gravy over Biscuits Buffalo Chicken Flatbread FEATURED VEGGIES Mashed Potatoes Baby Carrots	14 Orange Chicken with Scallions over Fried Rice Bacon Cheeseburger FEATURED VEGGIES Sesame Green Beans Strawberry Spinach Salad	15 Dip & Dust Wings with Garlic Knot Italian Sausage FEATURED VEGGIES BBQ Baked Beans Steamed Mixed Veggies	16 Classic Italian Super Sub Chili Cheese Fries FEATURED VEGGIES Sidewinder Fries Tomato Mozzarella Salad	17 Buffalo Chicken Dip with Tortilla Chips Chicken Quesadilla FEATURED VEGGIES Lemon-Parmesan Broccoli Baby Carrots	
20 Beefaroni with Garlic Stick Turkey Club Sandwich FEATURED VEGGIES Steamed Green Beans Tomato Mozzarella Salad	21 Beef Nachos Grande w/Yogurt Cumin Crème Turkey Ranch Wrap FEATURED VEGGIES Ranch Refried Bean Dip Fresh Pico de Gallo	22 Chick N Filet Sandwich Hawaiian Pork Sandwich on Toasted Ciabatta FEATURED VEGGIES Rice Pilaf Fresh Pineapple Slaw	23 Classic Stromboli with Marinara Sauce Corn Dog FEATURED VEGGIES Steamed Broccoli Fresh Cucumbers	24 Cheeseburger Tater Tot Bowl BBQ Ribby FEATURED VEGGIES Tater Tots Caesar Salad	
27 Chicken Nuggets with Buttered Noodles Nachos with Ranch Refried Bean Dip FEATURED VEGGIES Cheesy Carrot Casserole Broccoli Salad	28 Birria Pork Tacos with Pickled Onions, Birria Broth & Fresh Pico Ham & Cheese Croissant FEATURED VEGGIES Steamed Golden Corn Baby Carrots	29 Build your own Burger 3 Bean Chili with Cornbread FEATURED VEGGIES Curried Chickpea Salad Fresh Cauliflower	30 Toasted Crafted Flatbreads Turkey Panini FEATURED VEGGIES Steamed Garden Peas Tomato Mozzarella Salad	31 Baha Fish Sandwich on Whole Grain Bun Chicken & Cheese Quesadilla FEATURED VEGGIES Roasted BBQ Cauliflower Cilantro Lime Slaw	
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