

Health.e
LIVING



Unatego MS/HS Lunch Menu

January 2018

InSeason! Oranges

Oranges are an excellent source of Vitamin C and Dietary Fiber.

In addition, oranges are a good source of B Vitamins including Vitamin B1, Pantothenic Acid, and Folate as well as Vitamin A, Calcium, Copper and Potassium.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

02
French Toast Sticks
Country Hash Browns
Sausage Link

03
Grilled Chicken Sandwich
on Whole Grain Bun
Served With Lettuce and
Tomato
Mac and Cheese
Carrot Coins

04
Ultimate Chicken Bowl
(Chicken, Mashed Potatoes,
Gravy, and Cheese
Whole Grain Dinner Roll
Corn

05
Assorted Classic
Pizzas
Roasted Broccoli

08
Chicken Patty on Whole
Grain Roll
Served W/ Lettuce and
Tomato
French Fries

09
Beef Taco on
Whole Grain Tortilla
W/ Lettuce and Tomato
Salsa and Sour Cream
Seasoned Rice
Refried Beans

10
Toasted Ham & Cheese
on Ciabatta Roll
Macaroni Salad
Green Beans

11
Creamy Chicken Alfredo
Over Penne Pasta
Roasted Brussel Sprouts
Garlic Bread Stick

12
Assorted Classic
Pizzas
Roasted Broccoli

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16
Cheeseburger/ Hamburger
On Whole Grain Roll
W/ Lettuce and Tomato
Sweet Potato Tots
Baked Beans

17
Build Your Own Sub
Turkey or Ham
W/ Lettuce and Tomato
And Sub Sauces
Pasta Salad
Brussel Sprouts

18
Ultimate Oriental Bowl
Sweet and Sour
Chicken Over Rice
Eggroll
Oriental Veggies

19
Assorted Classic
Pizzas
Roasted Broccoli

22
Chicken Nuggets
Rice
Whole Grain Roll
French Fries

23
Nacho Bar W/ Veggies,
Beef, and Cheese
Black Bean Salad
Seasoned Corn

24
Italian Pepperoni and
Cheese Roll
W/ Marinara Sauce
Seasoned Carrots

25
Penne Marinara
W/ Meatballs
Garlic Bread Stick
Green Beans

Half Day 26
Assorted Classic Pizzas
Romaine and Spinach
Salad with Tomatoes,
Cucumbers, and
Garbanzo Beans

Half Day 29
BBQ Rib Sub on
Whole Grain Bun
Tater Tots

30
Chicken and Gravy
over Biscuit
Mixed Veggies

31
Melted Meatball Sub
Pasta Noodles
Seasoned Carrots

**"USDA is an equal
opportunity provider
and employer"**

Announcements

Available Daily:
Canned Fruit, Fresh Fruit, Fresh
Veggie, Hot Veggie of the Day
May Choose up to two (2)

Milk Choices:
1% White,
Skim Chocolate

Daily Choices:
Grab and Go Bar
Sandwich Station
Smoothies
Fresh Salads
Wrap of the Day

**Menu subject to change without
notice**

Meal Prices

Lunch	
K-5 th	\$2.00
6 th -12 th	\$2.10
Reduced	\$.25

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