



Unatego Breakfast Menu

March 2018

InSeason! Brussels Sprouts

Brussels sprouts are a good source of fiber, manganese, potassium, choline, and B vitamins. They even contain protein. and well-known antioxidants like vitamin C.



You can steam Brussels sprouts and toss them with olive oil, Parmesan cheese, or butter. You can roast them and quarter them, then toss them like a salad with onions, feta cheese, and balsamic vinegar.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

4 oz. Yogurt w/ Muffin ⁰¹
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

FRIDAY

Assorted Breakfast Sandwiches ⁰²
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Whole Grain Cinnamon Bun ⁰⁵
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Whole Grain Pancakes W/ Warm Blueberries ⁰⁶
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Scrambled Eggs ⁰⁷
Half Bagel and Bacon
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches ⁰⁸
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

No School ⁰⁹



Cheese Stuffed Bagels ¹²
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Whole Grain Waffles ¹³
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast Boat ¹⁴
(Eggs, Country Hash Browns, Cheese and Sausage)
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Whole Grain Donut ¹⁵
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches ¹⁶
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Cherry Frudel ¹⁹
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Whole Grain French Toast Sticks ²⁰
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast Pizza ²¹
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

4 oz. Yogurt w/ Muffin ²²
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches ²³
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk


²⁶



²⁷



²⁸



²⁹

Get outside and WALK!!

³⁰



Announcements

Choices Available Daily:

- Assorted Cereal
- Assorted Cereal W/ Half Bagel
- Bagel w/ Cream Cheese

Milk Choices:

- 1% White
- Skim Chocolate

“USDA is an equal opportunity provider and employer”

Meal Prices

Breakfast will be served at NO COST to students for the 17/18 school year!

Remember you can make online payments through www.myschoolbucks.com Setup an Account Today!