



# Unatego MS/HS Breakfast Menu

# November

2018

## InSeason! Oranges

The orange is a citrus fruit and is a hybrid of the pomelo and mandarin. There are now over 600 varieties of oranges worldwide.



Ideal conditions for growing oranges are in sub-tropical areas that have good amounts of sunshine yet moderate to warm temperatures (60°F - 84 °F).

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



French toast Dippers <sup>01</sup>  
Sausage  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Breakfast Sandwich <sup>02</sup>  
w/ Bacon  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

4 oz. Yogurt & Granola <sup>05</sup>  
w/ Muffin  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Breakfast on a Stick <sup>06</sup>  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Egg Wrap <sup>07</sup>  
w/ Cheese  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Waffles <sup>08</sup>  
w/ Strawberries  
& Whipped Cream  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Breakfast Sandwich <sup>09</sup>  
w/ Sausage  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**No School** <sup>12</sup>  
Veterans Day

Ultimate Breakfast <sup>13</sup>  
Round  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Meat lovers <sup>14</sup>  
Breakfast Pizza  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

French toast Dippers <sup>15</sup>  
Sausage  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Breakfast Sandwich <sup>16</sup>  
w/ Ham  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**No School** <sup>19</sup>

**No School** <sup>20</sup>

**No School** <sup>21</sup>

**Happy Thanksgiving Day** <sup>22</sup>

**No School** <sup>23</sup>

Ultimate Breakfast <sup>26</sup>  
Round  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

4 oz. Yogurt & Granola <sup>27</sup>  
w/ Muffin  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Egg Wrap <sup>28</sup>  
w/ Sausage & Cheese  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Waffles <sup>29</sup>  
w/ Cherries  
& Whipped Cream  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Breakfast Sandwich <sup>30</sup>  
w/ Bacon  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

## Announcements

### Choices Available Daily:

- Assorted Cereal,
- Assorted Cereal w/1/2 bagel,
- Bagel w/ Cream Cheese,
- Fruit Smoothies

### Milk Choices:

- 1% White, Skim White,
- & Skim Chocolate

**Menu subject to change without notice.**

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

## Meal Prices

Unatego Central School is pleased to announce that for the 2018-2019 school year, the district will provide school meals (Breakfast & Lunch) to all students @ No cost. This is made possible through the Federal Community Eligibility Provision.

**Please return CEP Application for other school programs.**