



# Unatego MS/HS Breakfast Menu

# October 2018

## InSeason! Pumpkins

Scientifically speaking, pumpkins are a fruit (they contain seeds) but when it comes to cooking, they are often referred to as vegetables.



Pumpkin soup is popular, as are roasted pumpkin seeds. As a food, pumpkin can be baked, roasted, steamed or boiled.

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**01**  
Oatmeal w/ peaches & cinnamon  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**02**  
4 oz. Yogurt & Granola w/ Muffin  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**03**  
Egg Wrap w/ Potatoes & Cheese  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**04**  
French Toast Dippers Sausage  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**05**  
**No School**

**08**  
**No School**  
Happy Columbus Day

**09**  
4 oz. Yogurt Pop Tart  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**10**  
Meat lovers Breakfast Pizza  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**11**  
Waffles w/ Strawberries & Whipped Cream  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**12**  
Breakfast Sandwich w/ Sausage  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**15**  
4 oz. Yogurt & Granola w/ Muffin  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**16**  
Breakfast on a Stick  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**17**  
Egg Wrap w/ Bacon & Cheese  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**18**  
French Toast Dippers Sausage  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**19**  
Breakfast Sandwich w/ Ham  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**22**  
Oatmeal w/ Apples  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**23**  
Ultimate Breakfast Round  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**24**  
Meat lovers Breakfast Pizza  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**25**  
Waffles w/ Blueberries & Whipped Cream  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**26**  
Breakfast Sandwich w/ Bacon  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**29**  
4 oz. Yogurt & Granola w/ Muffin  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**30**  
Breakfast on a Stick  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**31**  
Egg Wrap w/ Potatoes & Cheese  
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.**