



Unatego Elementary 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
- Milk Choices:**
- 1% White, Skim White, Skim Chocolate, & Skim Strawberry (when available)

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.