



Unatego CSD Breakfast Menu

October 2017

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


Whole Grain **02**
Cinnamon Bun
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Whole Grain French **03**
Toast Sticks
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast Boat **04**
(Eggs, Breakfast Potatoes, and Cheese)
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast on a Stick **05**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

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 **09**

Apple Frudel **10**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast Pizza **11**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

4 oz. Yogurt w/ Muffin **12**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast **13**
Sandwiches
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Apple Filled **16**
Bosco Stick
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Whole Grain **17**
Pancakes
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Scrambled Eggs **18**
W/ 1/2 Bagel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Whole Grain Donut **19**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Half Day 20
Assorted Breakfast Sandwiches
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Half Day 23
Cherry Frudel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Whole Grain **24**
Waffles
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Scrambled Eggs **25**
w/1/2 Bagel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

4 oz. Yogurt w/ Muffin **26**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast **27**
Sandwiches
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Cheese Stuffed Bagel **30**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Whole Grain French **31**
Toast Sticks
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Announcements

Choices Available Daily:
Assorted Cereal
1/2 Bagel
Bagel w/ Cream Cheese

Milk Choices:
1% White,
Skim Chocolate,

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Meal Prices

Free Breakfast K-12!!

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Menu subject to change without notice.