



Unatego MS/HS Breakfast Menu

September 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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InSeason! Grapes

One cup of grapes, with about 100 calories, provides more than a quarter of the daily recommended values of vitamins K and C. Grape seeds, which are edible, are chock-full of antioxidants.

Grapes are a kind of berry. They have a leathery covering and a fleshy inside, similar to blueberries.

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.