**Unatego MS/HS Breakfast Menu** 

## Realthe LIVING

## September

MONDAY

TUESDAY

WEDNESDAY

**THURSDAY** 

**FRIDAY** 

03

04 WELCOME BACK TO SCHOOL!

Egg Wrap Ham & Cheese 100% Juice Fresh /Canned Fruit

Low Fat/Fat Free Milk

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

Waffles

w/ Strawberries

& Whipped Cream

100% Juice

Fresh /Canned Fruit

Low Fat/Fat Free Milk

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

Breakfast Sandwich

w/ Sausage

100% Juice

Fresh /Canned Fruit

Low Fat/Fat Free Milk

**Choices Available Daily:** Assorted Cereal,

Announcements

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

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

similar to blueberries.

**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."

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

Oatmeal w/ Apples

100% Juice

Fresh /Canned Fruit

Low Fat/Fat Free Milk

4 oz. Yogurt Assorted Pop tart 100% Juice Fresh /Canned Fruit Low Fat/Fat Free Milk

Ultimate Breakfast

Round

100% Juice

Fresh /Canned Fruit

Low Fat/Fat Free Milk

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

Egg Wrap

Sausage & Cheese

100% Juice

Fresh /Canned Fruit

Low Fat/Fat Free Milk

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

w/ Ham 100% Juice

Breakfast Sandwich Fresh /Canned Fruit Low Fat/Fat Free Milk

24

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

4 oz. Yogurt & 25 Granola w/ Muffin 100% Juice Fresh /Canned Fruit Low Fat/Fat Free Milk

Meat lovers 26 Breakfast Pizza 100% Juice Fresh /Canned Fruit Low Fat/Fat Free Milk

Waffles W/ Cherries 2/ & Whipped Cream 100% Juice Fresh /Canned Fruit Low Fat/Fat Free Milk

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

## **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.