

September 2017

Unatego Central School District

BREAKFAST



Meal Prices: FREE BREAKFAST K-12!!



Available Daily: Assorted Cereal, ½ Bagel, and Bagel W/ Cream Cheese

Milk Choices: 1% White, Skim Chocolate



Monday

Tuesday

Wednesday

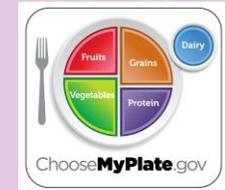
Thursday

Friday



“USDA is an equal opportunity provider and employer”

New Meal Applications must be turned in by October 13th



1



4



5

First Day of School!

6

Assorted Cereal
100 % Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Breakfast on a Stick
1000 % Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

7

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

8

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

11

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

12

Scrambled Eggs W/ ½ Bagel
100 % Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

13

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

14

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

15

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

18

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

19

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

20

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

21

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

22

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

25

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

26

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

27

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

28

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

29