FEBRUARY 2023

Unatego MS-HS Breakfast

Breakfast and Lunch will be served at NO COST to students for the 22/23 school year!

Menu subject to change without notice

Friday Monday Tuesday Wednesday **Thursday** Chicken & Waffles Yogurt & Muffin Breakfast Sandwich Fresh/Canned Fruit 100% Juice 100% Juice 100% Juice Fresh/Canned Fruit Fresh/Canned Fruit Low Fat/Fat Free Milk Low Fat/Fat Free Milk Low Fat/Fat Free Milk Breakfast on a Stick 8 Mini Waffles Breakfast Sandwich 10 Scrambled Eggs Cinni Minis Fresh/Canned Fruit 100% Juice 100% Juice w/1/2 Bagel 100% Juice 100% Juice Fresh/Canned Fruit Fresh/Canned Fruit 100% Juice Fresh/Canned Fruit Low Fat/Fat Free Milk Low Fat/Fat Free Milk Low Fat/Fat Free Milk Fresh/Canned Fruit Low Fat/Fat Free Milk Low Fat/Fat Free Milk 15 Yogurt & PopTart Breakfast Pizza Muffin Breakfast Sandwich 17 French Toast Sticks 13 100% Juice 100% Juice Fresh/Canned Fruit 100% Juice Sausage Fresh/Canned Fruit Fresh/Canned Fruit 100% Juice Fresh/Canned Fruit 100% Juice Low Fat/Fat Free Milk Low Fat/Fat Free Milk Low Fat/Fat Free Milk Low Fat/Fat Free Milk Fresh/Canned Fruit Low Fat/Fat Free Milk 21 22 No School 23 24 20 No School President's Day Recess No School No School No School Breakfast Casserole 28 Cinnamon Toast Crunch Pastry 100% Juice Fresh/Canned Fruit 100% Juice Fresh/Canned Fruit Low Fat/Fat Free Milk Low Fat/Fat Free Milk

Available Daily: Assorted Cereal, Assorted Cereal w/ ½ Bagel,

Bagel w/ Cream Cheese, Smoothie, Pop-Tarts **Milk Choices:** 1% White, 1% Chocolate

