

Health • e
LIVING



Unatego Elementary Breakfast Menu February 2019

In Season Broccoli

Broccoli shares cancer fighting, immune boosting properties.

Broccoli contains high levels of both calcium and vitamin k, both of which are important for bone health and prevention of osteoporosis

Monday

Tuesday

Wednesday

Thursday

Friday



Breakfast Sandwich **1**
w/ Sausage
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Ultimate Breakfast **4**
Round
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast on a Stick **5**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Egg Wrap **6**
w/ Sausage & Cheese
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

French Toast Sticks **7**
Sausage
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast Sandwich **8**
w/ Bacon
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free

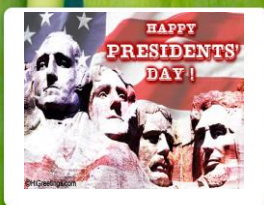
4 oz. Yogurt & Granola **11**
w/ Muffin
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Ultimate Breakfast **12**
Round
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Meat lovers **13**
Breakfast Pizza
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Waffles **14**
w/ Strawberries
& Whipped Cream
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast Sandwich **15**
w/ Ham
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk



19
No School
Presidents' Day
Recess

20
Read a book!

Go for a Walk **21**

22

4 oz. Yogurt **25**
& Pop tart
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Oatmeal W/ Apples **26**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Egg Wrap **27**
& Cheese
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

French Toast Sticks **28**
Sausage
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk



Announcements

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

Milk Choices:
1% White, Skim White,
Skim Chocolate,
& Skim Strawberry (when available)

Menu subject to change without notice.

Meal Prices

Breakfast and Lunch will be served at NO COST to students for the 18/19 school year!

"USDA is an equal opportunity provider and employer."