



# Unatego MS/HS Lunch Menu

# January 2019

## In Season Oranges

Oranges are a great source of Vitamin C and Dietary Fiber

In addition, oranges are a good source of B vitamins including Vitamin B1, Pantothenic acid, and Folate as well as Vitamin A, Calcium, Copper, and Potassium



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

1

Happy New Year

2

Chicken Cordon Blue  
Or Chicken Patty  
Whole Grain Roll  
Potato Wedges  
Seasoned Carrots

3

NY Thursdays:  
Cheeseburger  
Whole Grain Roll  
Coleslaw  
Green Beans

4

Assorted Classic  
Pizza  
Romaine Salad  
w/ Tomatoes & Fresh  
Cucumbers

7

Cheese Ravioli  
w/ Marinara Sauce  
Garlic Toast  
Green Beans

8

Loaded Taco  
w/ Meat & Cheese  
Golden Corn  
Refried Beans  
Whole Grain Rice

9

Chicken & Biscuits  
Seasoned Carrots

10

NY Thursdays:  
Pulled Pork  
Whole Grain Roll  
Cole Slaw  
Roasted Brussel Sprouts

11

Fish Sandwich  
Assorted Classic Pizza  
Romaine Salad  
w/ Tomatoes & Fresh  
Cucumber

14

Homemade  
Macaroni & Cheese  
Dinner Roll  
Green Beans

15

Loaded Nachos  
w/ Meat Or Chicken  
Salsa & Cheese  
Golden Corn

16

Turkey Chunks  
Cream of Mushroom  
Soup  
w/ Rice  
Peas

17

NY Thursdays:  
Baked Chicken  
Whole Grain Roll  
French Fries  
Seasoned Carrots

18

Fish Sandwich  
Pepperoni Roll  
Romaine Salad  
w/ Tomatoes & Fresh  
Cucumbers

21

No School

22

Loaded Taco  
w/ Meat & Cheese  
Golden Corn  
Refried Beans  
Whole Grain Rice

23

Hot Meatball Sub  
Seasoned Carrots  
Garden Salad

24

NY Thursdays:  
Cheeseburger  
Whole Grain Roll  
Coleslaw  
Green Beans

25

Assorted Classic  
Pizza  
Romaine Salad  
w/ Tomatoes & Fresh  
Cucumbers

28

Baked Ziti  
Garlic Toast  
Green Beans

29

Walk Away Taco  
W /Meat or Chicken  
& Cheese  
Golden Corn

30

Chicken Tenders  
Cheesy French Fries  
Seasoned Carrots

31

NY Thursdays:  
Pulled Pork  
Whole Grain Roll  
Cole Slaw  
Roasted Brussel Sprouts

## Announcements

### Available Daily:

Canned Fruit, Fresh Fruit, Fresh Veggie, Hot Veggie of the Day  
May Choose up to two (2)

### Milk Choices:

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

### Daily Choices:

Sandwich of the Day  
PB&J

Garden Salad

**Menu subject to change  
without notice**

“USDA is an equal opportunity  
provider and employer.”

## Meal Prices

UCS 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