



# Unatego Elementary 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**

**1**  
**Happy New Year**

**2**  
Chicken Bacon Ranch Wrap  
w/ Chips  
Seasoned Carrots  
Tuna Sandwich

**3**  
NY Thursdays:  
Cheeseburger  
Whole Grain Roll  
Coleslaw  
Green Beans  
Turkey & Cheese Sub

**4**  
Assorted Classic Pizza  
Romaine Salad  
w/ Tomatoes & Fresh Cucumbers  
PB&J Sandwich

**7**  
Cheese Ravioli  
w/ Marinara Sauce  
Garlic Toast  
Green Beans  
Egg Salad Sandwich

**8**  
Loaded Taco  
w/ Meat & Cheese  
Golden Corn  
Refried Beans  
Whole Grain Rice  
Ham & Cheese Sub

**9**  
Chicken & Biscuits  
Seasoned Carrots  
Ham & Cheese Sub  
Tuna Sandwich

**10**  
NY Thursdays:  
Pulled Pork  
Whole Grain Roll  
Cole Slaw  
Roasted Brussel Sprouts  
Turkey & Cheese Sub

**11**  
Fish Sandwich Or Assorted Classic Pizza  
Romaine Salad  
w/ Tomatoes & Fresh Cucumbers  
PB&J Sandwich

**14**  
Homemade Macaroni & Cheese  
Dinner Roll  
Green Beans  
Egg Salad Sandwich

**15**  
Loaded Nachos  
w/ Meat Or Chicken  
Salsa & Cheese  
Golden Corn  
Ham & Cheese Sub

**16**  
Turkey Chunks & Cream of Mushroom Soup  
Over Egg Noodles  
Peas  
Tuna Sandwich

**17**  
NY Thursdays:  
Baked Chicken  
Whole Grain Roll  
French Fries  
Seasoned Carrots  
Turkey & Cheese Sub

**18**  
Assorted Classic Pizza  
Romaine Salad  
w/ Tomatoes & Fresh Cucumbers  
PB&J Sandwich

**21**  
**No School**

**22**  
Loaded Taco  
w/ Meat & Cheese  
Golden Corn  
Refried Beans  
Whole Grain Rice  
Ham & Cheese Sub

**23**  
Hot Meatball Sub  
Buttered Noodles  
Garden  
Tuna Sandwich

**24**  
NY Thursdays:  
Cheeseburger  
Whole Grain Roll  
Coleslaw  
Green Beans  
Turkey & Cheese Sub

**25**  
Fish Sandwich Or Pepperoni Roll  
Romaine Salad  
w/ Tomatoes & Fresh Cucumbers  
PB&J Sandwich

**28**  
French Toast Dippers  
Sausage  
Warm Cinnamon Apples  
Egg Salad Sandwich

**29**  
Walk Away Taco  
W /Meat or Chicken & Cheese  
Golden Corn  
Ham & Cheese Sub

**30**  
Ham & Cheese  
Homemade Chicken Noodle Soup  
Seasoned Carrots  
Tuna Sandwich

**31**  
NY Thursdays:  
Pulled Pork  
Whole Grain Roll  
Cole Slaw  
Roasted Brussel Sprouts  
Turkey & Cheese Sub

## 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