



Unatego MS/HS Breakfast 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

Blank menu item for Monday.

Happy New Year ¹

Egg Wrap w/ Cheese ²
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

French Toast Dippers w/ Sausage ³
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Breakfast Sandwich w/ Sausage ⁴
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

4 oz. Yogurt & Granola w/ Muffin ⁷
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Breakfast on a Stick ⁸
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Meat lovers Breakfast Pizza ⁹
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Waffles w/ Strawberries & Whipped Cream ¹⁰
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Breakfast Sandwich w/ Ham ¹¹
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Ultimate Breakfast Round ¹⁴
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Oatmeal w/ Apples ¹⁵
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Egg Wrap w/ Sausage & Cheese ¹⁶
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

French Toast Dippers w/ Sausage ¹⁷
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Breakfast Sandwich w/ Bacon ¹⁸
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

No School ²¹

Breakfast on a Stick ²²
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Meat lovers Breakfast Pizza ²³
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Waffles w/ Strawberries & Whipped Cream ²⁴
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Breakfast Sandwich w/ Sausage ²⁵
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

4 oz. Yogurt Assorted Pop tart ²⁸
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Ultimate Breakfast Round ²⁹
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Egg Wrap w/ Sausage & Cheese ³⁰
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

French Toast Dippers w/ Sausage ³¹
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Blank menu item for Friday.

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.

“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