



DIG INTO SCHOOL BREAKFAST!

MARCH 2023

Unatego MS-HS Breakfast Menu

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

Menu subject to change without notice

Monday

Tuesday

Wednesday

Thursday

Friday



Breakfast on a Stick **6**
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Breakfast Pizza **7**
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Breakfast Wrap **8**
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Apple Nachos **9**
(Apple slices w/yogurt & Granola)
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Breakfast Sandwich **10**
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

National School Breakfast Week! Dig into School Breakfast

Pancakes **13**
w/Strawberries & Cream
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Cinnamon Coffee **14**
Cake
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Cinnamon Toast **15**
Crunch Pastry
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Breakfast Sandwich **16**
100% Juice
Low Fat/Fat Free Milk

No School **17**
Staff Dev. Day

Cinni Minis **20**
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Cheese Omelet **21**
w/ ½ Bagel
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Muffin **22**
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Mini Waffles **23**
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Breakfast Sandwich **24**
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

French Toast Apple **27**
Bake
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Scrambled Eggs **28**
w/½ Bagel
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Breakfast on a Stick **29**
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Frudels **30**
100% Juice
Fresh/Canned Fruit
Low Fat/Fat Free Milk

Breakfast Sandwich **31**
100% Juice
Fresh/Canned Fruit
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

