

Unatego MS/HS Breakfast Menu



May 2019

In Season Cherries

Cherries are known to contain certain chemicals that are very effective in relieving pain better than medicines like aspirin and ibuprofen.

Cherries are best paired with things like chives, dairy products, and meats.

Monday

Tuesday

Wednesday

Thursday

Friday

Blank menu item

Blank menu item

Ultimate Breakfast Round **1**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

4 oz. NY Yogurt W/ Muffin **2**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches **3**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Oatmeal Cinnamon Toast Crunch Cereal Bar **6**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

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

Pancakes W/ Strawberries Or Syrup **8**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast on a Stick **9**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

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

Apple Frudel **13**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Scrambled Eggs w/ 1/2 Bagel **14**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

French Toast Sticks **15**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

4 oz. NY Yogurt W/ Muffin **16**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches **17**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Cocoa Puffs Cereal Bar **20**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast on a Stick **21**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Cheese Omelet w/ 1/2 Bagel **22**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Waffles W/ Fruit Or Syrup **23**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

24
No School



4 oz. Yogurt W/ Pop Tart **28**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Cherry Frudel **29**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast on a Stick **30**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches **31**
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!

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