Breakfast and Lunch will be served at NO COST to students for **BREAKFAST MAY 2024** the 23/24 school year! Menu subject to change without notice. Unatego MS-HS Breakfast Menu Allergen information for menu items is available, ask an employee for Monday Wednesday Friday **Tuesday** Thursday Yogurt & Muffin Breakfast Sandwich Apple Frudel 100% Juice 100% Juice 100% Juice Fresh/Canned Fruit Fresh/Canned Fruit Fresh/Canned Fruit Low Fat/Fat Free Milk Low Fat/Fat Free Milk Low Fat/Fat Free Milk Pop Tarts Cheese Omelet Waffles French Toast Sticks Breakfast Sandwich 100% Juice 100% Juice 100% Juice 100% Juice 100% Juice Fresh/Canned Fruit Fresh/Canned Fruit Fresh/Canned Fruit Fresh/Canned Fruit Fresh/Canned Fruit Low Fat/Fat Free Milk Low-fat/Fat Free Milk Low Fat/Fat Free Milk Low Fat/Fat Free Milk Low Fat/Fat Free Milk Cinnamon Rolls Breakfast Pizza Sausage Gravy Breakfast Sandwich Cherry Frudel 100% Juice 100% Juice 100% Juice 100% Juice over Biscuits Fresh/Canned Fruit Fresh/Canned Fruit Fresh/Canned Fruit Fresh/Canned Fruit 100% Juice Low-fat/Fat Free Milk Low Fat/Fat Free Milk Low Fat/Fat Free Milk Low Fat/Fat Free Milk Fresh/Canned Fruit Low Fat/Fat Free Milk **Pancakes** Breakfast On a Stick 2 Yogurt & Muffin Breakfast Bar 100% Juice 100% Juice 100% Juice 100% Juice No School Fresh/Canned Fruit Fresh/Canned Fruit Fresh/Canned Fruit Fresh/Canned Fruit Low-fat/Fat Free Milk Low Fat/Fat Free Milk Low Fat/Fat Free Milk Low Fat/Fat Free Milk 1 11 1 1 / Waffles Breakfast Sandwich Cheese Omelet Cinnamon Rolls 100% Juice 100% Juice W/ 1/2 Bagel 100% Juice Memorial Day Fresh/Canned Fruit 100% Juice Fresh/Canned Fruit Fresh/Canned Fruit No School Low Fat/Fat Free Milk Fresh/Canned Fruit Low Fat/Fat Free Milk Low Fat/Fat Free Milk Low-fat/Fat Free Milk

Available Daily: Assorted Cereal, Assorted Cereal w/ ½ Bagel, Bagel w/ Cream Cheese,

(Pop Tart and Smoothies – MS/HS only) **Milk Choices:** 1% White, FF Chocolate

