

# Unadilla Elementary Breakfast Menu

**Health-e**  
**LIVING**



# September 2019

## In Season Grapes

One cup of grapes, with about 100 calories, provides more than a quarter of the daily recommended values of vitamins K and C. Grape seeds, which are edible, are full of antioxidants. Grapes are a kind berry. They have a leathery covering and a fleshy inside, similar to blueberries.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

2



4

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

5

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

6

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

9

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

10

Pancakes  
100% Juice  
Fresh/Canned Fruit  
Low Fat/Fat Free Milk

11

Yogurt & Pop tart  
100% Juice  
Fresh/Canned Fruit  
Low Fat/Fat Free Milk

12

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

13

Omelet w/ 1/2 a bagel  
100% Juice  
Fresh/Canned Fruit  
Low Fat/Fat Free Milk

16

Pancake & Sausage Sandwich  
100% Juice  
Fresh/Canned Fruit  
Low Fat/Fat Free Milk

17

Egg Frittata  
100% Juice  
Fresh/Canned Fruit  
Low Fat/Fat Free Milk

18

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

19

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

20

Mini Pancakes  
100% Juice  
Fresh/Canned Fruit  
Low Fat/Fat Free Milk

23

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

24

WG Cinnamon Roll  
100% Juice  
Fresh/Canned Fruit  
Low Fat/Fat Free Milk

25

Yogurt & Muffin  
100% Juice  
Fresh/Canned Fruit  
Low Fat/Fat Free Milk

26

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

27

Mini French toast  
100% Juice  
Fresh/Canned Fruit  
Low Fat/Fat Free Milk

30

## 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)

## Meal Prices

**Breakfast and Lunch will be served at NO COST to students for the 19/20 school year!**

**Menu subject to change without notice.**