

June 2017

Unity School District

LUNCH



Breakfast: Served with fruit/juice and milk daily. Cereal will be offered as an alternate.
Lunch: Served with fresh veggies, fruit and milk daily. Menu is subject to change.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



Pancakes

1

Tacos w/ Fixins, Fiesta Beans, Homemade Pico de Gallo, and Pineapple

Omelet and Toast

2

Pizza Calzones, Steamed Corn and Fruit Slushies

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All children in the community (and in Unity summer school programs) will be able to eat a healthy breakfast and lunch at no cost when summer school is in session. If not enrolled in summer school, children must have adult supervision during meal times.

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Free Breakfast: 7:30-8:30
Free Lunch: 11:00-12:30

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Free summer meals will also be available Monday through Thursday, July 10-13 and July 17-20