

May 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. Salad bar is offered as an alternate for grades 3-12. Menu is subject to change.



Nutrition Tip: Savor the flavor of seasonal vegetables. Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best in-season buys, or visit your local farmer's market.

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Monday

Waffles **1**
Chicken Parmesan Sandwich, Roasted Potato Medley and Clementine "Cutie" Oranges

Oatmeal w/ Toppings **8**
Cowboy Burger (Burger w/ Cheese, BBQ Sauce and Onion Rings), Baked Beans and Fruit Sorbet Cup

Egg & Ham Combo **15**
Chicken Nuggets w/ Choice of Dipping Sauce, Mac n' Cheese, Broccoli and Fresh Sliced Apples

Yogurt Parfait **22**
Hot Dogs, Baked Beans, Broccoli Salad and Apple Sauce Cups

No School **29**

See next page for June and summer school info!

Tuesday

Egg/Ham Scramble **2**
Mini Corn Dogs, Broccoli with Cheese Sauce and Sliced Peaches

Yogurt Parfait **9**
Brunch Lunch! French Toast Sticks, Sausage Patty, Potato Puffs, and Bananas

Lumberjacks **16**
Tacos in A Bag With All the Fixins, Roasted Chick Peas, and Grapes

Breakfast Frittata w/ Toast **23**
Pizza Dippers & Sauce, Carrots and Mandarin Oranges

Breakfast Buffet **30**
BBQ Pulled Pork Sandwich, Cole Slaw, Baked Beans and Sliced Apples

Wednesday

Cheesy Breakfast Wrap **3**
Homemade Lasagna with Garlic Bread, Steamed Corn and Applesauce

Pancakes **10**
Spaghetti and Meatballs with Bread Stick, Green Beans and Applesauce

Bacon Scrambler Pizza **17**
Turkey and Gravy with Mashed Potatoes, Dinner Roll, Steamed Corn and Tropical Fruit Salad

Sunrise Muffin (Ham/Egg) **24**
Homemade Taco Lasagna, Steamed Corn, Apple Churro, and Pears

Breakfast Bites **31**
Oven Baked Chicken with Mashed Potatoes & Gravy, Peas, Dinner Roll and Kiwi

Thursday

French Toast Sticks **4**
Hot Ham and Cheese Sandwich, Oven Roasted Carrots and Fresh Kiwi

Breakfast Buffet **11**
Mandarin Orange Chicken, Rice, Veggie Egg Roll, Pineapple and Fortune Cookie

Omelet and Toast **18**
Personal Pan Cheese Pizza, Steamed Peas, and Pears

Breakfast Pizza **25**
Cooks Choice!

Friday

Breakfast Bites **5**
Cinco de Mayo! Tacos w/ Fixins, Fiesta Beans, Homemade Pico de Gallo, and Pineapple

Bagel and Cream Cheese **12**
Elem: Pizza Hot Dish
MS/HS: Sloppy Joes Crinkle Cut Carrots, and Mandarin Oranges

Pancakes **19**
Eagle Club Sandwiches, Chips, Cottage Cheese and Peaches

Long Johns **26**
Chicken Patty Sandwich, Steamed Green Beans and Tropical Fruit Salad

