



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.



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety



USDA is an equal opportunity provider and employer

Monday

Tuesday

Wednesday

Thursday

Friday



Bagel and Cream Cheese **1**

Homemade Lasagna with Garlic Bread, Green Beans and Apples

Bacon Scrambler Pizza **2**

Mandarin Orange Chicken, Rice, Peas, Pineapple and Fortune Cookie

Pancakes/Sausage **3**

Eagle Club Sandwich or PB&J, Cottage Cheese, Chips, Fresh Veggies and Peaches

Omelet and Toast **6**

Hot Ham and Cheese Sandwich, Seasoned Green Beans and Apples

Breakfast Bites **7**

Hot Dogs, Baked Beans and Mandarin Oranges

Sunrise Muffin (Ham/Egg) **8**

Brunch Lunch! Lumberjacks, Sweet Potato Tots, and Tropical Fruit Salad

Yogurt/Granola Parfait **9**

Pepperoni Calzones, Roasted Carrots, and Fresh Kiwi Fruit

Breakfast Frittata w/ Toast **10**

Popcorn Chicken Bowl, Mashed Potatoes & Gravy, Corn, Dinner Roll and Pears

Oatmeal w/ Toppings **13**

Chicken Dippers, Rice Pilaf, Sweet Potato Fries, and Apples

French Toast Sticks **14**

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

Pancakes **15**

Penne Pasta Bar w/ Choice of Chicken Alfredo or Spaghetti Sauce, Steamed Broccoli and Bananas

Ham/Eggs with Toast **16**

Hamburger w/ Toppings, Tator Tots and Pears

Breakfast Buffet **17**

Roast Turkey, Mashed Potatoes, Gravy, Pumpkin Bread, Steamed Corn and Cranberries

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Fall Break
Enjoy your time off!!

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Applications for free or reduced price meals are always available! Everyone is encouraged to apply.

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Egg/Bacon Bosco Sticks **27**

Mini Corn Dogs, Baked Beans and Fresh Sliced Apples

Lumberjacks **28**

Chicken Patty Sandwich, Corn and Fresh Purple Grapes

Yogurt/Granola Parfait **29**

Spaghetti With Bread Stick, Green Beans and Bananas

Cheesy Eggs/Toast **30**

Brunch Lunch! French Toast Sticks, Sausage, Potato Smiles and Peaches

Please maintain a positive balance in your account. Payments can be made at school with cash/check. Credit card payments can be made online at www.unity.k12.wi.us