

March 2018

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: 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.
USDA is an equal opportunity provider and employer



Monday



Tuesday



Wednesday

Thursday

Friday

Cheesy Eggs and Toast

5

ES: Spaghetti
HS/MS: Spaghetti or Alfredo,
Bread Stick, Green Beans and
Sliced Apples

Pancakes

6

Chicken Patty Sandwich,
Seasoned Fries and Fresh
Purple Grapes

Bacon Scrambler Pizza

7

Baked Potato Bar w/ Toppings
(Ham/Broccoli/Cheese/Butter/
Sour Cream), Corn Bread, and
Peaches

French Toast Sticks

8

Pepperoni Pizza Wedge,
Broccoli Slaw, Roasted Carrots
and Pineapple

Smoothies and Grahams

9

Fish Sticks with Dipping Sauce
or PB&J, Baked Beans and
Pears

Oatmeal w/ Toppings

12

Cooks Choice!

Ham/Eggs & Toast

13

Tacos w/ Fixins, Fiesta Beans,
Rice, and Mandarin Oranges

Waffles

14

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

Breakfast Buffet

15

Grilled Ham and Cheese
Sandwich, Tomato Soup,
Roasted Cauliflower, and Apple
Sauce

St. Patty Day Long Johns

16

Shamrock Chicken Nuggets or
PB&J, Irish Potatoes, and
Green Grapes



19

Spring Break!

March 19th-23rd

20



21

22

23

Lumberjacks

26

ES: Mandarin Orange Chicken
HS/MS: Orange or Sriracha
Chicken, Rice, Broccoli,
Pineapple and Fortune Cookie

Bagel & Cream Cheese

27

Pulled Pork Sandwich, Cole
Slaw, Baked Beans and
Slushies

Blueberry Breakfast Bark

28

Hamburger w/ Toppings, Sweet
Tator Tots and Bananas

Breakfast Bites

29

Roast Turkey, Mashed Potatoes,
Gravy, Dinner Roll, Steamed
Corn and Pears

30

No School