

May 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.



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

Ham/Eggs & Toast

7

Chicken Patty Sandwich, Sweet Potato Tots and Fresh Sliced Apples

French Toast Sandwich

8

Tacos w/ Fixins, Refried Beans, Rice, Roasted Peppers, and Pears

Lumberjacks

9

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

Yogurt/Granola Parfait

10

Hot Dogs, Baked Beans, and Fresh Purple Grapes

Mini Cinnamon Rolls

11

Chicken Alfredo With Pasta, Seasoned Green Beans, Bread Stick, and Tropical Fruit Salad

Breakfast Frittata w/ Toast

14

Popcorn Chicken Bowl, Mashed Potatoes & Gravy, Peas, Dinner Roll and Slushies

Oatmeal w/ Toppings

15

Hamburger w/ Toppings, **Roasted Corn on the Cob** and Peaches

Bagel and Cream Cheese

16

Homemade Chili w/ Cornbread or PB&J, Assorted Veggies and Apple Sauce

Waffles

17

Brunch Lunch! French Toast Sticks, Sausage, Potato Wedges and Oranges

French Toast Bites

18

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

Egg/Bacon Bosco Sticks

21

Chicken Nuggets w/ Choice of Dipping Sauce, Mac n' Cheese, Broccoli and Apple Sauce Cups

Mini Pancakes

22

Tacos in A Bag With All the Fixins, Fiesta Beans, and Pineapple

Breakfast Buffet

23

Italian Dunkers with Sauce, Green Beans, and Fresh Purple Grapes or Bananas

Scrambled Eggs & Toast

24

Roast Turkey, Mashed Potatoes, Gravy, Dinner Roll, Carrots and Pears

Long Johns

25

Hot Ham and Cheese Sandwich, Curly Fries and Mandarin Oranges

28

No School

Yogurt/Granola Parfait

29

Pepperoni Pizza, Seasoned Carrots, and Fresh Sliced Apples

Pancakes

30

Meatballs and Gravy with Mashed Potatoes, Corn, Dinner Roll and Pears

Oatmeal w/ Toppings

31

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

