



**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.



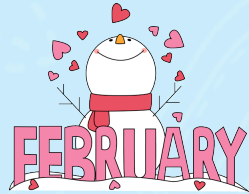
**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Throw veggies in your smoothie. Leafy greens like spinach and kale offer major nutrition but don't drastically affect the taste of your smoothie. You can even try sweeter veggies like bright orange carrots!  
*USDA is an equal opportunity provider and employer*



### Monday

**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](http://www.unity.k12.wi.us)

### Tuesday



### Wednesday

### Thursday

### Friday

Pancakes **5**  
 HS: Crispy Chicken Sandwich  
 MS & Elem: Chicken Patty, Roasted Carrots and Fresh Apple Slices

Ham/Eggs & Toast **6**  
 Pizza Calzones, Seasoned Green Beans and Fresh Kiwi Fruit

Lumberjacks **7**  
 Homemade Chili w/ Cornbread or PB&J, Assorted Veggies and Peaches

Yogurt/Granola Parfait **8**  
 Mini Corn Dogs, Baked Beans and Pineapple

Mini Cinnamon Rolls **9**  
 Western Burger (Burger w/ Cheese, BBQ Sauce and Onion Rings), French Fries and Mixed Fruit

Breakfast Frittata w/ Toast **12**  
 Brunch Lunch! French Toast Sticks, Sausage, Potato Smiles and Slushies

Smoothies and Grahams **13**  
 Tacos or Carnitas w/ Fixins, Fiesta Beans, Homemade Pico de Gallo, and Pineapple

Bagel and Cream Cheese **14**  
 Chicken "Love" Nuggets or PB&J, Sweet Potato Tots, and Cupid's Strawberries

Waffles **15**  
 BBQ Rib Sandwich or PB&J, Cole Slaw, Green Beans and Apple Slices

French Toast Sandwich **16**  
 Italian Dunkers with Sauce, Steamed Corn, and Pears

**19**  
 No School

**20**  
 No School

Egg/Bacon Bosco Sticks **21**  
 Turkey and Gravy with Mashed Potatoes, Dinner Roll, Steamed Peas and Mandarin Oranges

Oatmeal w/ Toppings **22**  
 Cheese Burger w/ Toppings, Sweet Potato Fries and Bananas

Pancakes/Sausage **23**  
 Grilled Cheese Sandwich, Tomato Soup, Roasted Cauliflower, and Apple Sauce

French Toast Sticks **26**  
**Chicken Bites**, Broccoli w/ Cheese, Rice, and Clementine Oranges

Breakfast Buffet **27**  
 Hot Ham and Cheese Sandwich, Potato Wedge Fries and Purple Grapes

Ham/Eggs & Toast **28**  
 Homemade Lasagna with Garlic Bread, Green Beans and Mixed Fruit

