



**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!



## Monday

Eggs w/ Toasted Muffin

3

Pizza Calzones, **Seasoned Roasted Green Beans** and Clementine "Cutie" Oranges

## Tuesday

Bacon Scrambler Pizza

4

Oven Baked Chicken with Mashed Potatoes & Gravy, Peas, Dinner Roll and Fresh Sliced Apples

## Wednesday

Cheesy Breakfast Wrap

5

**Homemade Taco Lasagna**, Steamed Corn, Apple Churro, and Pears

## Thursday

Bagel and Cream Cheese

6

Hamburger w/ Toppings, Sweet Potato Fries and Fruit Sorbet Cup

## Friday

Egg & Ham Combo

7

Cooks Choice!

French Toast Sticks

10

Mini Corn Dogs, Baked Beans and Strawberry Cups

Breakfast Bites

11

Chicken Nuggets w/ Choice of Dipping Sauce, Mac n' Cheese, Broccoli and Mandarin Oranges

Breakfast Buffet

12

**Homemade Pizza Hot Dish**, Garlic Toast, Crinkle Cut Carrots, and Bananas

Eggs/Sausage/Toast

13

Pork Roast w/ Gravy & Dinner Roll or PB&J, Roasted Potato Medley, and Pineapple



**No School**

14

Yogurt Parfait

17

**"Not Your Mama's Meatloaf"**, Mashed Potatoes w/ Gravy, Bread Stick and Applesauce Cups

Omelet and Toast

18

Tacos w/ Fixins, Fiesta Beans, Homemade Pico de Gallo, and Fresh Purple Grapes

Belgian Waffle Sticks

19

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

Sunrise Muffin (Ham/Egg)

20

Chicken Patty Sandwich, Steamed Carrots and Tropical Fruit Salad

Oatmeal w/ Toppings

21

Hot Dog or Bratwurst with Fixins, Corn, and Fresh Kiwi

Pancakes

24

Mandarin Orange Chicken, Rice, Veggie Egg Roll, Applesauce and Fortune Cookie

Eggs and Ham w/ Muffin

25

Brunch Lunch! Lumberjacks, Hash Brown Patty, Fruit Juice and Pineapple

Blueberry Breakfast Bark

26

**Baked Potato Bar w/ Toppings** (Ham/Broccoli/Cheese or Chili/Cheese), Corn Bread and Peaches

Lumberjacks

27

BBQ Pulled Pork Sandwich, Cole Slaw, Baked Beans and Sliced Apples

Breakfast Frittata w/ Toast

28

Pepperoni Pizza, Green Beans, and Pears

### New Items Alert!

Roasted Green Beans (4/3)  
 Taco Lasagna (4/5)  
 Pizza Hot Dish (4/12)  
 "Not Your Mama's Meatloaf" (4/17)  
 Baked Potato Bar (4/26)

### 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)

Applications for free or reduced price meals are available all year.

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