

July 2017

Unity School District



Breakfast: Served with fruit/juice and milk daily. Cereal will be offered as an alternate.
Lunch: Served with fresh veggies, fruit and milk daily. 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.



Monday

Tuesday

Wednesday

Thursday

Friday



Pancakes & Sausage

10

BBQ Pulled Pork Sandwich, Green Beans, and Tropical Fruit Salad

Ham/Eggs & Apple Twist

11

Chicken Nuggets w/ Dipping Sauce, Mac n' Cheese, Broccoli and Sliced Apples

Yogurt Parfait

12

Pizza Dippers & Sauce, Corn and Grapes

Breakfast Buffet

13

Hot Dogs, Baked Beans, and Peaches

14

Oatmeal w/ Toppings

17

Meatball Subs, Seasoned Fries and Mandarin Oranges

Biscuits and Gravy

18

Hot Ham and Cheese Sandwich, Steamed Corn and Pineapple

Sunrise Muffin (Ham/Egg)

19

Homemade Pizza Hot Dish, Garlic Toast, Broccoli, and Bananas

Long Johns

20

Chicken Patty Sandwich, Green Beans and Pears

21

