

# December 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. 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



## Tuesday

**New items shown in bold!**

## Wednesday



## Thursday

## Friday

Yogurt/Granola Parfait

4

Cowboy Burger (Burger w/ Cheese, BBQ Sauce and Onion Rings), Baked Beans and Apples

Sunrise Muffin (Saus./Egg)

5

Garlic and Cheese Bread Twist, Marinara Sauce, Green Beans and Pineapple

Breakfast Frittata w/ Toast

6

Homemade Taco Lasagna, Steamed Corn, Apple Churro and Pears

Oatmeal w/ Toppings

7

Chicken Dippers w/ Sauce, Rice Pilaf, Sweet Potato Fries, and Bananas

French Toast Sticks

8

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

Cinnabun Stix

11

BBQ McRib Sandwich or PB&J, Cole Slaw, Baked Beans and Apples

Ham/Eggs & Toast

12

Tacos w/ Fixins, Fiesta Beans, Homemade Pico de Gallo, and Pineapple

Lumberjacks

13

Turkey and Gravy with Mashed Potatoes, Dinner Roll, Steamed Corn and Bananas

Bacon Scrambler Pizza

14

Pizza Dippers & Sauce, Crinkle Cut Carrots and Mandarin Oranges

Pancakes

15

Chicken Nuggets w/ Choice of Dipping Sauce, Mac n' Cheese, Broccoli and Fresh Purple Grapes

Bagel & Cream Cheese

18

**HS: Crispy Chicken Sandwich**  
MS & Elem: Chicken Patty,  
**Candied Butternut Squash**  
and Fresh Apples

Blueberry Breakfast Bark

19

Hot Dogs, Baked Beans, Tuna Noodle Salad and Mandarin Oranges

Waffles

20

Pork Roast with Mashed Potatoes and Gravy, Steamed Corn, Dinner Roll and Tropical Fruit Salad

Breakfast Buffet

21

Brunch Lunch! Pancake Stack, Sausage/Egg Frittata, Potato Smiles, and Peaches

Long Johns

22

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

25

**Winter Break**

Enjoy your time off!

26



27

28

29

**Applications for free or reduced price meals are always available! Everyone is encouraged to apply.**