

Date:

UNITY SCHOOL MENU

Winter

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
breakfast	GM Rice Chex Apples 1% Milk	*WW English Muffins w/butter Bananas 1% Milk	*HM Banana bread Applesauce 1% Milk	*Quaker life cereal Pears 1% Milk	*French Toast w/honey Oranges 1% Milk
am snack	*WG Pepperidge farm gold fish crackers Pears Water	*HM Banana Bread Oranges Water	Bugs on a log (celery, raisins, PB) Nabisco ritz crackers Water	Bagles w/cream cheese Carrots Water	Wheat thin crackers Cucumbers Water
lunch	Lentil Soup *WW Bread w/butter Cheese chunks Bananas Green salad w/ranch 1% Milk	Cheesy Brunch Squares Bagels w/cream cheese Frozen Mixed Veggies Applesauce 1% Milk	*WG Cheese Quesadilla Black Bean & Corn Salad Canned Peaches Cherry Tomatoes 1% Milk	Kidney bean chili w/vegetables *HM cornbread Oranges Celery 1% Milk	*PB & Jelly bread sandwiches Darigold Strawberry yogurt Broccoli w/ranch Carrots 1% Milk
pm snack	Stacy's Pita chips Pineapple Chunks Water	Pretzels Cucumbers Water	Graham Crackers Oranges Water	*Triscuits Apples Water	*Tortilla chips Cheese chunks Water

"This institution is an equal opportunity provider" See meal pattern chart for serving sizes
 Kirkland soy or Silk milk substituted for cows milk when requested HM=Homemade Whole grain-rich=* orWW
 All milk served is unflavored 1% for ages 2 up