



UNITY JUNIOR HIGH SCHOOL
Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
July 31, 2017	August 1, 2017	August 2, 2017	August 3, 2017	August 4, 2017
August 7, 2017	August 8, 2017	August 9, 2017	August 10, 2017	August 11, 2017
August 14, 2017	August 15, 2017	August 16, 2017	August 17, 2017	August 18, 2017
August 21, 2017	August 22, 2017	August 23, 2017	August 24, 2017	August 25, 2017
		CRISPY CHICKEN TENDERS (WHOLE GRAIN) BBQ Sauce TURKEY HAM & CHEESE PANINI French Fries Diced Peaches Ketchup Chocolate Chip Minis Milk	HOT DOG WITH POTATO ROUNDS Hot Dog Bun Mustard Ketchup PIZZA DIPPERS Marinara Dipping Sauce Garden Vegetables Grape Juice Milk	TURKEY BURGER Mustard Hamburger Bun ^ MINI CORN DOGS & CHICKEN FUN MIX BBQ Sauce Maple Baked Beans Fresh Baby Carrots Light Ranch Dressing Fresh Fruit Ketchup Choice of Milk
August 28, 2017	August 29, 2017	August 30, 2017	August 31, 2017	September 1, 2017
PEPPERONI PIZZA CHICKEN TENDERS W/SWEET POTATO PUFFS BBQ Sauce Ketchup Whole Kernel Corn Cinnamon Applesauce Milk	TURKEY HAM & CHEESE PANINI Mustard CRISPY CHICKEN FILLET Hamburger Bun BBQ Sauce Salad Bar Selections Mixed Greens Salad Fresh Broccoli Florets Carrot Sticks Light French Dressing Mixed Fruit Cup Milk	WG CHICKEN NUGGETS WITH POTATO ROUNDS BBQ Sauce Ketchup CHEESY TACO MEAT Tortilla Chips Salsa Cup Maple Baked Beans Fresh Fruit Milk	CHEESEBURGER Hamburger Bun HOT DOG WITH POTATO ROUNDS Hot Dog Bun Ketchup Mustard Salad Bar Selections Mixed Greens Salad Crunchy Celery Sticks Carrot Sticks Light Italian Dressing Grape Juice Choice of Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.



new start to the 2017-2018 school year
feature menu days!
9/7 Around the World Day
9/12 Breakfast for Lunch
9/15 Fresh Feature Friday

Nutritional Information: UNITY EAST JUNIOR HIGH SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
08-23-2017	CRISPY CHICKEN TENDERS (WHOLE GRAIN)	260	15	2	0	25	390	16	3	1	15	30	0	0	2	MMA:2oz G/B:1sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	TURKEY HAM & CHEESE PANINI	290	12	6	0	56	783	28	2	3	17	60	1	206	2	MMA:2oz G/B:2sv WG
	French Fries	155	6	1	0	0	45	24	0	0	2	0	10	0	0	V:3/4c S
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	Ketchup	10	0	0	0	0	25	2	0	2	0	0	0	0	0	
	Chocolate Chip Minis	130	6	0	0	0	85	19	2	8	2	0	0	0	0	G/B:1sv WG
	Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
08-24-2017	HOT DOG WITH POTATO ROUNDS	239	14	5	0	30	418	20	2	1	7	0	5	20	1	MMA:2oz V:1/2c S
	Hot Dog Bun	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	25	2	0	2	0	0	0	0	0	
	PIZZA DIPPERS	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	79	4	1	0	0	314	8	0	3	3	149	5	20	0	V:1/2c RO
	Garden Vegetables	56	0	0	0	0	34	12	3	4	2	397	14	22	1	V:1/4c S V:1/4c RO
	Grape Juice	60	0	0	0	0	20	14	0	16	0	0	30	0	0	F:1/2c
	Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
08-25-2017	TURKEY BURGER	125	7	2	0	38	136	2	0	0	14	5	0	34	2	MMA:2oz
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	MINI CORN DOGS & CHICKEN FUN MIX	286	15	3	0	38	509	24	3	6	16	0	33	50	2	MMA:2oz G/B:1.5sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	89	3	V:1/2c L
	Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1525	1	12	0	V:1/4c RO

	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Ketchup	10	0	0	0	0	25	2	0	2	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
08-28-2017																
	PEPPERONI PIZZA	388	16	7	0	36	842	39	3	4	20	135	2	420	2	MMA:2oz G/B:2.5sv WG V:1/4c RO
	CHICKEN TENDERS W/SWEET POTATO PUFFS	336	18	3	0	25	456	28	5	7	16	178	0	3	2	MMA:2oz G/B:1sv WG V:1/4c RO
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	25	2	0	2	0	0	0	0	0	
	Whole Kernel Corn	73	1	0	0	0	3	17	2	2	2	8	5	3	0	V:1/2c S
	Cinnamon Applesauce	58	0	0	0	0	3	15	2	13	0	1	1	7	0	F:1/2c
	Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
08-29-2017																
	TURKEY HAM & CHEESE PANINI	290	12	6	0	56	783	28	2	3	17	60	1	206	2	MMA:2oz G/B:2sv WG
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	CRISPY CHICKEN FILLET	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Hamburger Bun	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Mixed Greens Salad	6	0	0	0	0	4	1	4	4	4	484	1	8	0	V:1/8c DG V:1/4c O
	Fresh Broccoli Florets	9	0	0	0	0	9	2	0	0	1	48	286	15	0	V:1/2c DG
	Carrot Sticks	12	0	0	0	0	20	3	1	1	12	246	2	10	0	V:1/4c RO
	Light French Dressing	10	0	0	0	0	140	4	0	3	0	0	0	0	0	
	Mixed Fruit Cup	64	0	0	0	0	4	16	1	13	2	8	4	8	0	F:1/2c
	Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
08-30-2017																
	WG CHICKEN NUGGETS WITH POTATO ROUNDS	314	16	3	0	30	549	24	3	0	18	0	3	0	3	MMA:2oz G/B:1sv WG V:1/4c S
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	25	2	0	2	0	0	0	0	0	
	CHEESY TACO MEAT	171	9	4	0	40	470	6	0	1	16	144	0	130	1	
	Tortilla Chips	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	Salsa Cup	31	0	0	0	0	96	6	1	0	1	141	3	0	2	V:1/4c RO
Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	89	3	V:1/2c L	

08-31-2017	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c	
	Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
	CHEESEBURGER	142	8	3	0	37	306	2	0	1	14	32	0	93	1	MMA:2oz
	Hamburger Bun	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	HOT DOG WITH POTATO ROUNDS	239	14	5	0	30	418	20	2	1	7	0	5	20	1	MMA:2oz V:1/2c S
	Hot Dog Bun	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Ketchup	10	0	0	0	0	25	2	0	2	0	0	0	0	0	
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Mixed Greens Salad	6	0	0	0	0	4	1	4	4	4	484	1	8	0	V:1/8c DG V:1/4c O
	Crunchy Celery Sticks	5	0	0	0	0	26	1	0	1	0	7	1	13	0	V:1/4c O
	Carrot Sticks	12	0	0	0	0	20	3	1	1	12	246	2	10	0	V:1/4c RO
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	Grape Juice	60	0	0	0	0	20	14	0	16	0	0	30	0	0	F:1/2c
Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0		

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other

	Maple Baked Beans									
	Fresh Baby Carrots									
	Light Ranch Dressing	X	X					X		
	Fresh Fruit									
	Ketchup									
	Choice of Milk	X								
08-28-2017										
	PEPPERONI PIZZA	X						X	X	
	CHICKEN TENDERS W/SWEET POTATO PUFFS							X	X	
	BBQ Sauce							X		
	Ketchup									
	Whole Kernel Corn									
	Cinnamon Applesauce									
	Milk	X								
	08-29-2017									
TURKEY HAM & CHEESE PANINI		X						X	X	
Mustard										
CRISPY CHICKEN FILLET								X	X	
Hamburger Bun		X						X	X	
BBQ Sauce								X		
Salad Bar Selections										
Mixed Greens Salad										
Fresh Broccoli Florets										
Carrot Sticks										
Light French Dressing								X		
Mixed Fruit Cup										
Milk		X								
08-30-2017										
	WG CHICKEN NUGGETS WITH POTATO ROUNDS							X	X	
	BBQ Sauce							X		
	Ketchup									
	CHEESY TACO MEAT	X						X		

