

SEPTEMBER

LUNCH



UNITY JUNIOR HIGH SCHOOL

L2SB - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
August 30, 2021	August 31, 2021	September 1, 2021	September 2, 2021	September 3, 2021
		WALKING TACO CHEESY TACO MEAT Wild White Nacho Doritos^ CHARBROILED HAMBURGER Hamburger Bun ^ Potato Wedges Fresh Banana Salsa Mustard Ketchup Choice of Milk	TURKEY HAM & CHEESE PANINI ^ CORN DOG ON A STICK^ Sliced Apples Mustard Ketchup Choice of Milk Salad Bar Selections Romaine Salad Carrot Sticks Jalapenos Ranch Dressing	CRUNCHY CHICKEN TENDERS^ BBQ PULLED PORK Hamburger Bun ^ Baked Beans Fresh Baby Carrots Ranch Dressing Applesauce Cup BBQ Sauce Choice of Milk
September 6, 2021	September 7, 2021	September 8, 2021	September 9, 2021	September 10, 2021
LABOR DAY	TOASTED CHEESE FLATBREAD SANDWICH Diced Carrots PIZZA DIPPERS ^ Marinara Dipping Sauce SunSet Sip Juice Applesauce Choice of Milk	CHICKEN ALFREDO PASTA ^ CHARBROILED HAMBURGER Hamburger Bun ^ Mixed Vegetables Fresh Banana Mustard Ketchup Choice of Milk	TERIYAKI CHICKEN PATTY Hamburger Bun ^ HOT DOG Hot Dog Bun ^ Fresh Plum Mustard Ketchup Choice of Milk Salad Bar Selections Romaine Salad Crunchy Celery Sticks Pickle Chips Ranch Dressing	CHICKEN NUGGETS ^ BEEF RIB-B-QUE Hamburger Bun ^ Baked Beans Fresh Baby Carrots Ranch Dressing Diced Pears Honey Mustard Chocolate Cookie ^ Choice of Milk
September 13, 2021	September 14, 2021	September 15, 2021	September 16, 2021	September 17, 2021
CHEESY PENNE BAKE ^ Breadstick ^ CHEESE PIZZA ^ Green Beans Mixed Fruit Choice of Milk	MEATBALL SUB Hot Dog Bun ^ KICKIN' CHICKEN ^ Hamburger Bun ^ Orange Juice BBQ Sauce Ketchup Choice of Milk Salad Bar Selections Romaine Salad Red Peppers Cauliflower Florets Ranch Dressing	HERO SANDWICH ^ Pickle Chips BBQ CHICKEN Hamburger Bun ^ Baked Beans Pineapple Tidbits Light Mayonnaise Choice of Milk	CRUNCHY CHICKEN TENDERS ^ HOT DOG Hot Dog Bun ^ Sliced Apples BBQ Sauce Mustard Ketchup Choice of Milk Salad Bar Selections Romaine Salad Crunchy Celery Sticks Carrot Sticks French Dressing	GENERAL TSO'S CHICKEN & NOODLES ^ CHEESEBURGER Hamburger Bun ^ Potato Wedges Fresh Banana Mustard Ketchup Choice of Milk
September 20, 2021	September 21, 2021	September 22, 2021	September 23, 2021	September 24, 2021
VEGETARIAN CHILI WITH BEANS Cornbread ^ PIZZA DIPPERS ^ Marinara Dipping Sauce Mixed Vegetables Applesauce Choice of Milk	SPAGHETTI & MEATBALLS ^ Breadstick ^ CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Diced Pears Chipotle Ranch Choice of Milk Salad Bar Selections Romaine Salad Broccoli Florets Pickle Chips Italian Dressing	BBQ CHICKEN TATER TOT-CHOS Tortilla Chips ^ CHARBROILED HAMBURGER Hamburger Bun ^ Golden Potato Rounds Fresh Banana Mustard Ketchup Choice of Milk	*NEW ITEM* TACO "JOE" Hamburger Bun ^ CORN DOG ON A STICK^ Fresh Plum Mustard Ketchup Choice of Milk Salad Bar Selections Romaine Salad Carrot Sticks Cucumber Coins Ranch Dressing	PANCAKES & SAUSAGE ^ POPCORN CHICKEN ^ Baked Beans Fresh Baby Carrots Ranch Dressing TROPICAL FRUIT CUP(96/4.5OZ) Syrup BBQ Sauce Choice of Milk
September 27, 2021	September 28, 2021	September 29, 2021	September 30, 2021	October 1, 2021
BEAN & CHEESE BURRITO ^ Salsa Cup CHEESE PIZZA ^ Corn Pineapple Tidbits Choice of Milk	MEATLOAF W/TOMATO SAUCE KICKIN' CHICKEN ^ Hamburger Bun ^ Mixed Fruit Light Mayonnaise Choice of Milk Salad Bar Selections Romaine Salad Cauliflower Florets Carrot Sticks French Dressing	NASHVILLE (HOT) POPCORN CHICKEN^ Sliced Bread ^ CHEESEBURGER Hamburger Bun ^ Pickle Chips French Fries Orange Juice Mustard Ketchup Choice of Milk	CRUNCHY CHICKEN TENDERS ^ HOT DOG Hot Dog Bun ^ Sliced Apples Honey Mustard Ketchup Choice of Milk Salad Bar Selections Romaine Salad Broccoli Florets Crunchy Celery Sticks Ranch Dressing	

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.

Find your school's menus online at: preferredmealsmenu.com



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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
09-01-2021																
	WALKING TACO	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	CHEESY TACO MEAT	171	10	5	0	40	459	6	0	1	13	108	0	125	2	MMA:2oz
	Wild White Nacho Doritos^	130	5	1	0	0	170	20	2	0	2	0	0	40	0	G/B:1.5sv WG
	CHARBROILED HAMBURGER	130	8	3	0	35	190	2	0	0	13	0	0	20	2	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Potato Wedges	135	3	0	0	0	30	27	2	0	2	0	0	15	0	V:3/4c S
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Salsa	5	0	0	0	0	95	1	0	0	0	0	0	0	0	
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-02-2021																
	TURKEY HAM & CHEESE PANINI ^	295	13	6	0	56	773	30	3	3	18	0	1	223	3	MMA:2oz G/B:2sv WG
	CORN DOG ON A STICK^	250	9	2	0	40	390	30	5	5	9	0	0	80	2	MMA:2oz G/B:2sv WG
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Romaine Salad	0	0	0	0	0	0	0	0	0	0	4	0	0	0	V:1/2c DG BW-PLANT
	Carrot Sticks	0	0	0	0	0	0	0	0	0	0	3	0	0	0	V:1/4c RO BW-PLANT
	Jalapenos	0	0	0	0	0	13	0	0	0	0	1	0	1	0	V:1/4c O
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
09-03-2021																
	CRUNCHY CHICKEN TENDERS^	260	15	2	0	25	390	16	3	1	15	30	0	36	2	MMA:2oz G/B:1sv WG
	BBQ PULLED PORK	208	6	1	0	54	556	18	1	11	24	49	1	36	2	MMA:2oz V:1/4c RO
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG

	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF
	Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1528	1	12	0	V:1/4c RO BW-PLANT
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c BW-PLANT
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-06-2021																
	LABOR DAY	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
09-07-2021																
	TOASTED CHEESE FLATBREAD SANDWICH	528	22	11	0	56	818	56	4	2	26	135	0	630	3	MMA:2.25oz G/B:4.5sv WG
	Diced Carrots	32	0	0	0	0	64	7	3	5	1	770	5	32	1	V:1/2c RO BW-PLANT
	PIZZA DIPPERS ^	280	12	5	0	20	560	28	2	4	18	2000	0	360	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	85	4	0	0	0	327	10	2	4	2	16	0	27	0	V:1/2c RO BW-PLANT
	SunSet Sip Juice	45	0	0	0	0	35	11	0	10	0	500	70	10	0	V:1/2c RO
	Applesauce	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c BW-PLANT
09-08-2021	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	CHICKEN ALFREDO PASTA ^	339	17	8	0	58	542	31	2	6	17	4	1	291	1	MMA:2oz G/B:1sv WG
	CHARBROILED HAMBURGER	130	8	3	0	35	190	2	0	0	13	0	0	20	2	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Mixed Vegetables	90	0	0	0	0	82	19	4	6	4	386	3	28	1	V:1/4c RO V:1/2c S BW-PLANT
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
09-09-2021	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	TERIYAKI CHICKEN PATTY	180	10	3	0	70	448	6	0	4	16	0	0	8	0	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	HOT DOG	130	11	4	0	30	450	2	0	1	5	0	0	0	0	MMA:2oz
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Fresh Plum	52	0	0	0	0	0	13	2	11	1	19	11	7	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0		
	Romaine Salad	0	0	0	0	0	0	0	0	0	0	4	0	0	V:1/2c DG BW-PLANT	
	Crunchy Celery Sticks	0	0	0	0	0	0	0	0	0	0	0	0	0	V:1/4c O BW-PLANT	
	Pickle Chips	5	0	0	0	0	330	1	0	0	0	2	1	23	0	V:1/4c O
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
09-10-2021																
	CHICKEN NUGGETS ^	225	12	2	0	44	475	12	1	0	16	38	0	0	0	MMA:2oz G/B:1sv WG
	BEEF RIB-B-QUE	204	12	4	0	48	450	10	2	5	17	39	0	34	2	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF
	Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1528	1	12	0	V:1/4c RO BW-PLANT
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Honey Mustard	80	6	1	0	10	125	7	0	5	0	0	0	0	0	
	Chocolate Cookie ^	120	5	1	0	0	45	19	1	6	2	0	0	0	1	G/B:1sv WG
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
09-13-2021																
	CHEESY PENNE BAKE ^	8	0	0	0	1	18	1	0	0	0	1	0	10	0	MMA:2oz G/B:1sv WG V:1/2c RO
	Breadstick ^	100	1	0	0	0	140	20	2	1	4	0	9	20	1	G/B:1sv WG
	CHEESE PIZZA ^	341	17	10	0	41	449	28	3	6	20	0	0	312	2	MMA:2oz G/B:2sv WG V:1/4c RO
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O BW-PLANT
	Mixed Fruit	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c BW-PLANT
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
09-14-2021																
	MEATBALL SUB	235	12	4	0	35	507	15	3	5	14	46	1	67	1	MMA:2oz V:1/2c RO
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	KICKIN' CHICKEN ^	270	15	3	0	25	400	17	3	1	15	0	0	40	2	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
	Orange Juice	60	0	0	0	0	0	15	0	14	0	0	30	20	0	F:1/2c BW-PLANT
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Romaine Salad	0	0	0	0	0	0	0	0	0	0	4	0	0	0	V:1/2c DG BW-PLANT
Red Peppers	0	0	0	0	0	0	0	0	0	0	1	1	0	0	V:1/4c RO BW-PLANT	

	Cauliflower Florets	0	0	0	0	0	0	0	0	0	0	0	0	0	0	V:1/4c O BW-PLANT	
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0		
09-15-2021																	
	HERO SANDWICH ^	325	16	6	0	45	470	31	3	2	16	0	1	130	2	MMA:2oz G/B:2sv WG	
	Pickle Chips	5	0	0	0	0	330	1	0	0	0	2	1	23	0	V:1/4c O	
	BBQ CHICKEN	167	3	2	0	37	395	18	1	11	17	49	1	25	0	MMA:2oz V:1/4c RO BW-LPP	
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG	
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF	
	Pineapple Tidbits	50	0	0	0	0	7	11	1	9	2	13	6	10	0	F:1/2c BW-PLANT	
	Light Mayonnaise	50	4	0	0	10	70	2	0	0	0	0	0	0	0		
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
09-16-2021																	
	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	36	2	MMA:2oz G/B:1sv WG	
	HOT DOG	130	11	4	0	30	450	2	0	1	5	0	0	0	0	MMA:2oz	
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG	
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c BW-PLANT	
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0		
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0		
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0		
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
	Romaine Salad	0	0	0	0	0	0	0	0	0	0	4	0	0	0	V:1/2c DG BW-PLANT	
	Crunchy Celery Sticks	0	0	0	0	0	0	0	0	0	0	0	0	0	0	V:1/4c O BW-PLANT	
	Carrot Sticks	0	0	0	0	0	0	0	0	0	0	3	0	0	0	V:1/4c RO BW-PLANT	
	French Dressing	10	0	0	0	0	140	1	0	1	0	0	0	0	0		
09-17-2021																	
	GENERAL TSO'S CHICKEN & NOODLES ^	384	15	3	0	22	856	43	5	15	18	115	0	13	3	MMA:2oz G/B:1.5sv WG	
	CHEESEBURGER	180	12	6	0	48	320	3	0	0	16	0	0	100	2	MMA:2oz	
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG	
	Potato Wedges	135	3	0	0	0	30	27	2	0	2	0	0	15	0	V:3/4c S	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT	
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0		
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0		
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
20																	

	VEGETARIAN CHILI WITH BEANS	206	0	0	0	0	768	39	12	11	10	47	2	92	4	MMA:2oz V:1/2c RO BW-LPP
	Cornbread ^	198	6	1	0	28	140	32	2	15	3	156	1	26	1	G/B:2sv WG
	PIZZA DIPPERS ^	280	12	5	0	20	560	28	2	4	18	2000	0	360	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	85	4	0	0	0	327	10	2	4	2	16	0	27	0	V:1/2c RO BW-PLANT
	Mixed Vegetables	53	0	0	0	0	57	11	3	4	2	386	3	22	1	V:1/4c S V:1/4c RO BW-PLANT
	Applesauce	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-21-2021																
	SPAGHETTI & MEATBALLS ^	341	10	4	0	37	536	42	6	12	18	40	2	110	2	MMA:2oz G/B:1sv WG V:3/4c RO
	Breadstick ^	100	1	0	0	0	140	20	2	1	4	0	9	20	1	G/B:1sv WG
	CRISPY CHICKEN PATTY ^	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
	Diced Pears	55	0	0	0	0	0	14	0	12	0	0	0	6	0	F:1/2c
	Chipotle Ranch	30	2	0	0	5	55	2	0	1	0	30	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Romaine Salad	0	0	0	0	0	0	0	0	0	0	4	0	0	0	V:1/2c DG BW-PLANT
	Broccoli Florets	0	0	0	0	0	0	0	0	0	0	1	1	0	0	V:1/2c DG BW-PLANT
	Pickle Chips	5	0	0	0	0	330	1	0	0	0	2	1	23	0	V:1/4c O
	Italian Dressing	5	0	0	0	0	120	1	0	1	0	0	0	0	0	
09-22-2021																
	BBQ CHICKEN TATER TOT-CHOS	348	13	4	0	46	758	35	3	12	21	49	2	122	1	MMA:2oz V:1/4c RO V:1/2c S
	Tortilla Chips ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	CHARBROILED HAMBURGER	130	8	3	0	35	190	2	0	0	13	0	0	20	2	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Golden Potato Rounds	207	10	2	0	0	570	26	3	1	3	0	2	0	0	V:3/4c S BW-PLANT
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-23-2021																
	NEW ITEM	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	TACO "JOE"	211	7	3	0	34	581	20	4	3	16	165	2	65	4	MMA:2oz V:3/4c RO V:1/4c O

	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	CORN DOG ON A STICK^	250	9	2	0	40	390	30	5	5	9	0	0	80	2	MMA:2oz G/B:2sv WG
	Fresh Plum	52	0	0	0	0	0	13	2	11	1	19	11	7	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Romaine Salad	0	0	0	0	0	0	0	0	0	0	4	0	0	0	V:1/2c DG BW-PLANT
	Carrot Sticks	0	0	0	0	0	0	0	0	0	0	3	0	0	0	V:1/4c RO BW-PLANT
	Cucumber Coins	0	0	0	0	0	0	0	0	0	0	0	0	0	0	V:1/4c O BW-PLANT
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
09-24-2021																
	PANCAKES & SAUSAGE ^	290	14	4	0	40	400	28	3	6	15	0	0	89	2	MMA:2.25oz G/B:2sv WG
	POPCORN CHICKEN ^	252	14	3	0	22	383	15	3	1	15	109	0	0	2	MMA:2oz G/B:1sv WG
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF
	Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1528	1	12	0	V:1/4c RO BW-PLANT
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
	TROPICAL FRUIT CUP(96/4.5OZ)	60	0	0	0	0	0	15	1	13	0	0	0	11	0	F:1/2c
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-27-2021																
	BEAN & CHEESE BURRITO ^	321	9	4	0	15	475	44	8	2	17	318	2	171	4	MMA:2oz G/B:2sv WG BW-LS BW-HF
	Salsa Cup	41	0	0	0	0	95	8	0	3	3	271	6	0	0	V:1/4c RO
	CHEESE PIZZA ^	341	17	10	0	41	449	28	3	6	20	0	0	312	2	MMA:2oz G/B:2sv WG V:1/4c RO
	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S BW-PLANT
	Pineapple Tidbits	70	0	0	0	0	0	18	0	14	1	0	0	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-28-2021																
	MEATLOAF W/TOMATO SAUCE	168	9	4	0	30	256	9	0	3	14	187	4	27	1	MMA:2.25oz V:1/4c RO
	KICKIN' CHICKEN ^	270	15	3	0	25	400	17	3	1	15	0	0	40	2	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
	Mixed Fruit	80	0	0	0	0	0	18	1	16	0	0	0	11	0	F:1/2c
	Light Mayonnaise	50	4	0	0	10	70	2	0	0	0	0	0	0	0	

	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Romaine Salad	0	0	0	0	0	0	0	0	0	0	4	0	0	0	V:1/2c DG BW-PLANT
	Cauliflower Florets	0	0	0	0	0	0	0	0	0	0	0	0	0	0	V:1/4c O BW-PLANT
	Carrot Sticks	0	0	0	0	0	0	0	0	0	0	3	0	0	0	V:1/4c RO BW-PLANT
	French Dressing	10	0	0	0	0	140	1	0	1	0	0	0	0	0	
09-29-2021																
	NASHVILLE (HOT) POPCORN CHICKEN^	318	18	3	0	22	600	24	5	8	16	180	2	14	3	MMA:2oz G/B:1sv WG
	Sliced Bread ^	70	1	0	0	0	134	12	2	2	4	0	0	30	1	G/B:1sv WG
	CHEESEBURGER	180	12	6	0	48	320	3	0	0	16	0	0	100	2	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Pickle Chips	5	0	0	0	0	330	1	0	0	0	2	1	23	0	V:1/4c O
	French Fries	87	3	0	0	0	25	14	0	0	1	0	5	0	0	V:1/2c S BW-PLANT
	Orange Juice	60	0	0	0	0	0	15	0	14	0	0	30	20	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-30-2021																
	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	36	2	MMA:2oz G/B:1sv WG
	HOT DOG	130	11	4	0	30	450	2	0	1	5	0	0	0	0	MMA:2oz
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c BW-PLANT
	Honey	25	0	0	0	0	0	7	0	7	0	0	0	0	0	
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Romaine Salad	0	0	0	0	0	0	0	0	0	0	4	0	0	0	V:1/2c DG BW-PLANT
	Broccoli Florets	0	0	0	0	0	0	0	0	0	0	1	1	0	0	V:1/2c DG BW-PLANT
	Crunchy Celery Sticks	0	0	0	0	0	0	0	0	0	0	0	0	0	0	V:1/4c O BW-PLANT
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	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
 BeWell Types : BW-PLANT = Plant-Based BW-GF = Good Fat BW-LPP = Lean/Plant Protein BW-LS = Less Sugar
 BW-HF = High Fiber Food BW-PRO = Probiotics

Allergen Information: UNITY EAST JUNIOR HIGH SCHOOL

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09-01-2021									
	WALKING TACO								
	CHEESY TACO MEAT	X						X	
	Wild White Nacho Doritos^	X							
	CHARBROILED HAMBURGER							X	
	Hamburger Bun ^	X						X	X
	Potato Wedges							X	
	Fresh Banana								
	Salsa								
	Mustard								
	Ketchup								
	Choice of Milk	X							
09-02-2021									
	TURKEY HAM & CHEESE PANINI ^	X						X	X
	CORN DOG ON A STICK^		X					X	X
	Sliced Apples								
	Mustard								
	Ketchup								
	Choice of Milk	X							
	Salad Bar Selections								
	Romaine Salad								
	Carrot Sticks								
	Jalapenos								
	Ranch Dressing	X	X					X	
09-03-2021									
	CRUNCHY CHICKEN TENDERS^							X	X

09-06-2021	BBQ PULLED PORK							X	
	Hamburger Bun ^	X						X	X
	Baked Beans								
	Fresh Baby Carrots								
	Ranch Dressing	X	X					X	
	Applesauce Cup								
	BBQ Sauce							X	
	Choice of Milk	X							
09-07-2021	LABOR DAY								
	TOASTED CHEESE FLATBREAD SANDWICH	X							X
	Diced Carrots								
	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X						X	
	SunSet Sip Juice								
	Applesauce								
	Choice of Milk	X							
09-08-2021									
	CHICKEN ALFREDO PASTA ^	X						X	X
	CHARBROILED HAMBURGER							X	
	Hamburger Bun ^	X						X	X
	Mixed Vegetables								
	Fresh Banana								
	Mustard								
	Ketchup								
	Choice of Milk	X							
09-09-2021									
	TERIYAKI CHICKEN PATTY							X	X
	Hamburger Bun ^	X						X	X
	HOT DOG								
	Hot Dog Bun ^	X						X	X

	Fresh Plum								
	Mustard								
	Ketchup								
	Choice of Milk	X							
	Salad Bar Selections								
	Romaine Salad								
	Crunchy Celery Sticks								
	Pickle Chips								
	Ranch Dressing	X	X					X	
09-10-2021	CHICKEN NUGGETS ^							X	X
	BEEF RIB-B-QUE							X	
	Hamburger Bun ^	X						X	X
	Baked Beans								
	Fresh Baby Carrots								
	Ranch Dressing	X	X					X	
	Diced Pears								
	Honey Mustard		X						
	Chocolate Cookie ^							X	X
	Choice of Milk	X							
09-13-2021									
	CHEESY PENNE BAKE ^	X							X
	Breadstick ^							X	X
	CHEESE PIZZA ^	X						X	X
	Green Beans								
	Mixed Fruit								
	Choice of Milk	X							
09-14-2021									
	MEATBALL SUB	X	X					X	X
	Hot Dog Bun ^	X						X	X
	KICKIN' CHICKEN ^							X	X
	Hamburger Bun ^	X						X	X
	Orange Juice								

	BBQ Sauce							X	
	Ketchup								
	Choice of Milk	X							
	Salad Bar Selections								
	Romaine Salad								
	Red Peppers								
	Cauliflower Florets								
	Ranch Dressing	X	X					X	
09-15-2021	HERO SANDWICH ^	X						X	X
	Pickle Chips								
	BBQ CHICKEN							X	
	Hamburger Bun ^	X						X	X
	Baked Beans								
	Pineapple Tidbits								
	Light Mayonnaise		X					X	
	Choice of Milk	X							
09-16-2021	CRUNCHY CHICKEN TENDERS ^							X	X
	HOT DOG								
	Hot Dog Bun ^	X						X	X
	Sliced Apples								
	BBQ Sauce							X	
	Mustard								
	Ketchup								
	Choice of Milk	X							
	Salad Bar Selections								
	Romaine Salad								
	Crunchy Celery Sticks								
	Carrot Sticks								
	French Dressing							X	
09-17-2021	GENERAL TSO'S CHICKEN	X	X					X	X

	& NOODLES ^								
	CHEESEBURGER	X						X	
	Hamburger Bun ^	X						X	X
	Potato Wedges							X	
	Fresh Banana								
	Mustard								
	Ketchup								
	Choice of Milk	X							
09-20-2021	VEGETARIAN CHILI WITH BEANS							X	X
	Cornbread ^	X	X					X	X
	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X						X	
	Mixed Vegetables								
	Applesauce								
	Choice of Milk	X							
09-21-2021	SPAGHETTI & MEATBALLS ^	X	X					X	X
	Breadstick ^							X	X
	CRISPY CHICKEN PATTY ^							X	X
	Hamburger Bun ^	X						X	X
	Diced Pears								
	Chipotle Ranch	X	X						
	Choice of Milk	X							
	Salad Bar Selections								
	Romaine Salad								
	Broccoli Florets								
	Pickle Chips								
	Italian Dressing							X	
09-22-2021									
	BBQ CHICKEN TATER TOT-CHOS	X						X	
	Tortilla Chips ^								

	CHARBROILED HAMBURGER							X	
	Hamburger Bun ^	X						X	X
	Golden Potato Rounds							X	
	Fresh Banana								
	Mustard								
	Ketchup								
	Choice of Milk	X							
09-23-2021									
	NEW ITEM								
	TACO "JOE"							X	
	Hamburger Bun ^	X						X	X
	CORN DOG ON A STICK^		X					X	X
	Fresh Plum								
	Mustard								
	Ketchup								
	Choice of Milk	X							
	Salad Bar Selections								
	Romaine Salad								
	Carrot Sticks								
	Cucumber Coins								
	Ranch Dressing	X	X					X	
	09-24-2021								
PANCAKES & SAUSAGE ^		X	X					X	X
POPCORN CHICKEN ^								X	X
Baked Beans									
Fresh Baby Carrots									
Ranch Dressing		X	X					X	
TROPICAL FRUIT CUP(96/4.5OZ)									
Syrup									
BBQ Sauce								X	
Choice of Milk		X							
27									

Hot Dog Bun ^	X							X	X
Sliced Apples									
Honey									
Mustard									
Ketchup									
Choice of Milk	X								
Salad Bar Selections									
Romaine Salad									
Broccoli Florets									
Crunchy Celery Sticks									
Ranch Dressing	X	X						X	