



UNITY JUNIOR HIGH SCHOOL

BR2 - Breakfast K-12

Monday	Tuesday	Wednesday	Thursday	Friday
December 2, 2019	December 3, 2019	December 4, 2019	December 5, 2019	December 6, 2019
COCOA PUFFS Strawberry Square Apple Juice Craisins Choice of Milk	MAPLE PANCAKES ^ Diced Pears Strawberry-Kiwi Juice Choice of Milk	MOZZARELLA CHEESE STICK Peach Mini Loaf ^ Mango Smoothie Choice of Milk	EGG & CHEESE ON ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Choice of Milk	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple Choice of Milk
December 9, 2019	December 10, 2019	December 11, 2019	December 12, 2019	December 13, 2019
APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Blended Fruit Juice Diced Peaches Choice of Milk	Assorted Jelly Choice of Milk BEEF SAUSAGE SLIDER ^ Applesauce Cup Fruit Punch Juice	BANANA MUFFIN ^ Mozzarella Cheese Stick Fresh Apple Choice of Milk	WAFFLES ^ Fresh Pear Orange-Tangerine Juice Syrup Choice of Milk	CINNAMON TOAST CRUNCH ^ French Toast Breakfast Square ^ Fresh Apple Choice of Milk
December 16, 2019	December 17, 2019	December 18, 2019	December 19, 2019	December 20, 2019
FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Juice Craisins Choice of Milk	CHEESE OMELET Sliced Bread ^ Assorted Jelly Fruit Punch Juice Diced Pears Choice of Milk	MOZZARELLA CHEESE STICK Cherry Mini Loaf ^ Mango Smoothie Choice of Milk	FRENCH TOAST STICKS ^ Fresh Banana Orange-Tangerine Juice Syrup Choice of Milk	FROSTED CORN FLAKES ^ Vanilla Waffle Square ^ Fresh Apple Choice of Milk
December 23, 2019	December 24, 2019	December 25, 2019	December 26, 2019	December 27, 2019
HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK
December 30, 2019	December 31, 2019	January 1, 2020	January 2, 2020	January 3, 2020
HOLIDAY BREAK	HOLIDAY BREAK			

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.

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
12-02-2019																
	COCOA PUFFS Strawberry Square Apple Juice	280	6	1	0	0	205	56	3	26	4	150	6	100	5	G/B:2sv WG F:1/2c
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-03-2019																
	MAPLE PANCAKES ^	180	4	2	0	5	240	32	2	8	4	0	0	60	1	G/B:2sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Strawberry-Kiwi Juice	60	0	0	0	0	10	14	0	12	0	0	0	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-04-2019																
	MOZZARELLA CHEESE STICK	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Peach Mini Loaf ^	131	4	0	0	0	172	22	2	7	2	0	0	30	1	G/B:1sv WG
	Mango Smoothie	120	0	0	0	0	5	30	3	26	0	0	60	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-05-2019																
	EGG & CHEESE ON ENGLISH MUFFIN ^	200	7	3	0	117	394	25	2	3	12	37	0	194	1	MMA:1.5oz G/B:2sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Assorted Jelly	35	0	0	0	0	0	9	0	6	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-06-2019																
	CINNAMON CHEX ^	120	2	0	0	0	170	22	1	6	1	120	5	80	7	G/B:1sv WG
	Maple Breakfast Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-09-2019																
	APPLE CINNAMON CHEERIOS Vanilla Breakfast Square	280	6	1	0	0	155	54	3	29	4	150	6	100	4	G/B:2sv WG F:1/2c

	Blended Fruit Juice															
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-10-2019																
	Assorted Jelly	35	0	0	0	0	0	9	0	6	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	BEEF SAUSAGE SLIDER ^	177	9	3	0	21	244	14	1	2	10	0	0	17	2	MMA:1oz G/B:1sv WG
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Fruit Punch Juice	60	0	0	0	0	5	15	0	14	0	0	0	0	0	F:1/2c
12-11-2019																
	BANANA MUFFIN ^	166	6	0	0	0	180	27	2	9	3	2	1	22	1	G/B:1.25sv WG
	Mozzarella Cheese Stick	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-12-2019																
	WAFFLES ^	140	5	0	0	0	190	22	0	2	4	0	0	0	1	G/B:2sv WG
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Orange-Tangerine Juice	60	0	0	0	0	10	15	0	13	0	0	0	0	0	F:1/2c
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-13-2019																
	CINNAMON TOAST CRUNCH ^	110	3	0	0	0	160	22	3	6	1	120	5	200	4	G/B:1sv WG
	French Toast Breakfast Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-16-2019																
	FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Juice	290	6	1	0	0	190	57	3	27	4	150	12	100	5	G/B:2sv WG F:1/2c
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-17-2019																
	CHEESE OMELET	125	10	4	0	164	303	2	0	0	7	67	0	88	1	MMA:2oz
	Sliced Bread ^	70	1	0	0	0	134	12	2	2	4	0	0	30	1	G/B:1sv WG
	Assorted Jelly	35	0	0	0	0	0	9	0	6	0	0	0	0	0	
	Fruit Punch Juice	60	0	0	0	0	5	15	0	14	0	0	0	0	0	F:1/2c

	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-18-2019																
	MOZZARELLA CHEESE STICK	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Cherry Mini Loaf ^	166	5	0	0	0	212	30	1	14	2	19	0	39	1	G/B:1sv WG
	Mango Smoothie	120	0	0	0	0	5	30	3	26	0	0	60	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-19-2019																
	FRENCH TOAST STICKS ^	260	8	1	0	10	290	42	2	14	6	0	0	20	1	G/B:2.25sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Orange-Tangerine Juice	60	0	0	0	0	10	15	0	13	0	0	0	0	0	F:1/2c
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-20-2019																
	FROSTED CORN FLAKES ^	100	0	0	0	0	180	24	1	8	1	150	5	150	6	G/B:1sv WG
	Vanilla Waffle Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
3																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
4																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
5																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
6																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
7																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
0																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
1																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	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

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
12-02-2019									
	COCOA PUFFS Strawberry Square Apple Juice		X					X	X
	Craisins								
	Choice of Milk	X							
12-03-2019									
	MAPLE PANCAKES ^	X	X					X	X
	Diced Pears								
	Strawberry-Kiwi Juice								
	Choice of Milk	X							
12-04-2019									
	MOZZARELLA CHEESE STICK	X							
	Peach Mini Loaf ^								X
	Mango Smoothie								
	Choice of Milk	X							
12-05-2019									
	EGG & CHEESE ON ENGLISH MUFFIN ^	X	X					X	X
	Fresh Banana								
	Diced Peaches								
	Assorted Jelly								
	Choice of Milk	X							
12-06-2019									
	CINNAMON CHEX ^								
	Maple Breakfast Square ^		X					X	X
	Fresh Apple								
	Choice of Milk	X							

12-18-2019	CHEESE OMELET	X	X					X	
	Sliced Bread ^	X						X	X
	Assorted Jelly								
	Fruit Punch Juice								
	Diced Pears								
	Choice of Milk	X							
12-19-2019									
	MOZZARELLA CHEESE STICK	X							
	Cherry Mini Loaf ^								X
	Mango Smoothie								
	Choice of Milk	X							
12-20-2019									
	FRENCH TOAST STICKS ^	X	X					X	X
	Fresh Banana								
	Orange-Tangerine Juice								
	Syrup								
	Choice of Milk	X							
3									
	HOLIDAY BREAK								
4									
	HOLIDAY BREAK								
5									
	HOLIDAY BREAK								
6									
	HOLIDAY BREAK								
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0										
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	HOLIDAY BREAK									