



UNITY JUNIOR HIGH SCHOOL

BR2 - Breakfast K-12

Monday	Tuesday	Wednesday	Thursday	Friday
February 3, 2020	February 4, 2020	February 5, 2020	February 6, 2020	February 7, 2020
RICE CHEX Cherry Breakfast Bar Blended Fruit Juice Diced Pears Choice of Milk	PANCAKES ^ Orange-Tangerine Juice Diced Peaches Syrup Choice of Milk	MOZZARELLA CHEESE STICK Chocolate Chip Mini Loaf ^ Mango Smoothie Choice of Milk	BREAKFAST QUESADILLA ^ Fresh Banana Grape Juice Taco Sauce Choice of Milk	APPLE CINNAMON CHEERIOS ^ Maple Breakfast Square ^ Fresh Apple Choice of Milk
February 10, 2020	February 11, 2020	February 12, 2020	February 13, 2020	February 14, 2020
COCOA PUFFS Strawberry Square Apple Juice Craisins Choice of Milk	CHICKEN BISCUIT ^ Mixed Fruit Cup Orange-Tangerine Juice Honey Choice of Milk	BLUEBERRY MUFFIN ^ Mozzarella Cheese Stick Strawberry Banana Smoothie Choice of Milk	STRAWBERRY PANCAKES ^ Fresh Orange Fruit Punch Juice Syrup Choice of Milk	CORN CHEX ^ Vanilla Waffle Square ^ Fresh Apple Choice of Milk
February 17, 2020	February 18, 2020	February 19, 2020	February 20, 2020	February 21, 2020
PRESIDENTS DAY	GOLDEN GRAHAM CEREAL Vanilla Breakfast Squares Apple Juice Craisins Choice of Milk	CINNAMON CHEX ^ Maple Breakfast Square ^ Mango Smoothie Choice of Milk	EGG & CHEESE BAGEL ^ Fresh Banana Diced Peaches Assorted Jelly Choice of Milk	MOZZARELLA CHEESE STICK Peach Mini Loaf ^ Fresh Apple Choice of Milk
February 24, 2020	February 25, 2020	February 26, 2020	February 27, 2020	February 28, 2020
APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Blended Fruit Juice Diced Peaches Choice of Milk	BEEF SAUSAGE SLIDER ^ Applesauce Cup Fruit Punch Juice Assorted Jelly Choice of Milk	BANANA MUFFIN ^ Mozzarella Cheese Stick Strawberry Banana Smoothie 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

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
02-03-2020																
	RICE CHEX Cherry Breakfast Bar Blended Fruit Juice	330	6	2	0	0	315	66	3	25	5	100	6	100	10	G/B:2sv WG 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	
02-04-2020																
	PANCAKES ^	130	2	0	0	5	240	26	3	6	4	0	0	63	1	G/B:2sv WG
	Orange-Tangerine Juice	60	0	0	0	0	10	15	0	13	0	0	0	0	0	F:1/2c
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	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	
02-05-2020																
	MOZZARELLA CHEESE STICK	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Chocolate Chip Mini Loaf ^	154	5	1	0	0	156	27	2	11	2	0	0	25	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	
02-06-2020																
	BREAKFAST QUESADILLA ^	220	12	6	0	28	265	21	2	1	9	0	0	213	1	MMA:1oz G/B:1.5sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Grape Juice	80	0	0	0	0	10	20	0	19	0	0	0	0	0	F:1/2c
	Taco Sauce	5	0	0	0	0	55	1	0	0	0	20	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-07-2020																
	APPLE CINNAMON CHEERIOS ^	110	2	0	0	0	110	22	2	10	2	150	6	100	4	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	
02-20																

	Maple Breakfast Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	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	
02-20-2020																
	EGG & CHEESE BAGEL ^	260	7	3	0	117	524	37	3	3	14	37	15	135	2	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	
02-21-2020																
	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
	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	
02-24-2020																
	APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Blended Fruit Juice	280	6	1	0	0	155	54	3	29	4	150	6	100	4	G/B:2sv WG F:1/2c
	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	
02-25-2020																
	BEEF SAUSAGE SLIDER ^	160	8	2	0	15	224	14	1	2	9	0	0	12	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
	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	
02-26-2020																
	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
	Strawberry Banana Smoothie	130	0	0	0	0	5	32	3	26	0	0	60	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-27-2020																
	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	

02-28-2020	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	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	

Meal Contributions :
M/MA = Meat/Meat Alternate
F = Fruit
V = Vegetable
G/B = Grain/Bread
W/G = Whole Grain

Vegetable Types :
DG = Dark Grean
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	Peanu	Tree Nut	Fish	Shellfish	Soy	Wheat
02-03-2020									
	RICE CHEX Cherry Breakfast Bar Blended Fruit Juice							X	X
	Diced Pears								
	Choice of Milk	X							
02-04-2020									
	PANCAKES ^	X	X					X	X
	Orange-Tangerine Juice								
	Diced Peaches								
	Syrup								
	Choice of Milk	X							
02-05-2020									
	MOZZARELLA CHEESE STICK	X							
	Chocolate Chip Mini Loaf ^	X						X	X
	Mango Smoothie								
	Choice of Milk	X							
02-06-2020									
	BREAKFAST QUESADILLA ^	X							X
	Fresh Banana								
	Grape Juice								
	Taco Sauce								
	Choice of Milk	X							
02-07-2020									
	APPLE CINNAMON CHEERIOS ^								
	Maple Breakfast Square ^		X					X	X
	Fresh Apple								

02-10-2020	Choice of Milk	X							
	COCOA PUFFS Strawberry Square Apple Juice		X					X	X
	Craisins								
	Choice of Milk	X							
02-11-2020									
	CHICKEN BISCUIT ^	X						X	X
	Mixed Fruit Cup								
	Orange-Tangerine Juice								
	Honey								
	Choice of Milk	X							
02-12-2020									
	BLUEBERRY MUFFIN ^								X
	Mozzarella Cheese Stick	X							
	Strawberry Banana Smoothie								
	Choice of Milk	X							
02-13-2020									
	STRAWBERRY PANCAKES ^	X	X					X	X
	Fresh Orange								
	Fruit Punch Juice								
	Syrup								
	Choice of Milk	X							
02-14-2020									
	CORN CHEX ^								
	Vanilla Waffle Square ^		X					X	X
	Fresh Apple								
	Choice of Milk	X							
- 7									
	PRESIDENTS DAY								
02-18-2020									
	GOLDEN GRAHAM CEREAL Vanilla Breakfast Squares Apple Juice		X					X	X

	Craisins								
	Choice of Milk	X							
02-19-2020									
	CINNAMON CHEX ^								
	Maple Breakfast Square ^		X					X	X
	Mango Smoothie								
	Choice of Milk	X							
02-20-2020									
	EGG & CHEESE BAGEL ^	X	X					X	X
	Fresh Banana								
	Diced Peaches								
	Assorted Jelly								
	Choice of Milk	X							
02-21-2020									
	MOZZARELLA CHEESE STICK	X							
	Peach Mini Loaf ^								X
	Fresh Apple								
	Choice of Milk	X							
02-24-2020									
	APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Blended Fruit Juice		X					X	X
	Diced Peaches								
	Choice of Milk	X							
02-25-2020									
	BEEF SAUSAGE SLIDER ^							X	X
	Applesauce Cup								
	Fruit Punch Juice								
	Assorted Jelly								
	Choice of Milk	X							
02-26-2020									
	BANANA MUFFIN ^								X
	Mozzarella Cheese Stick	X							
	Strawberry Banana Smoothie								

	Choice of Milk	X								
02-27-2020										
	WAFFLES ^	X	X						X	X
	Fresh Pear									
	Orange-Tangerine Juice									
	Syrup									
	Choice of Milk	X								
02-28-2020										
	CINNAMON TOAST CRUNCH ^								X	X
	French Toast Breakfast Square ^		X						X	X
	Fresh Apple									
	Choice of Milk	X								