

SEPTEMBER BREAKFAST



CICERO DISTRICT 99

Monday	Tuesday	Wednesday	Thursday	Friday
August 30, 2021	August 31, 2021	September 1, 2021	September 2, 2021	September 3, 2021
		RICE KRISPIES ^ Graham Crackers ^ Fresh Apple Choice of Milk	PILLSBURY GRAPE CRESCENT ^ Fresh Banana Blended Fruit Juice Choice of Milk	BLUEBERRY MINI MUFFIN ^ Mozzarella Cheese Stick Fresh Apple Choice of Milk
September 6, 2021	September 7, 2021	September 8, 2021	September 9, 2021	September 10, 2021
LABOR DAY	FRUITY CHEERIOS^ Maple Breakfast Square ^ Dried Cranberries Blended Fruit Juice Choice of Milk	BANANA MINI MUFFIN ^ Mozzarella Cheese Stick Fresh Apple Choice of Milk	CHICKEN BISCUIT ^ Fresh Banana Grape Juice Honey Choice of Milk	FROSTED FLAKES ^ Vanilla Waffle Square ^ Fresh Apple Choice of Milk
September 13, 2021	September 14, 2021	September 15, 2021	September 16, 2021	September 17, 2021
RICE KRISPIES ^ Strawberry Pancake Square ^ Dried Cranberries Apple-Cranberry Juice Choice of Milk	CHERRY FRUDEL^ Diced Peaches Blended Fruit Juice Choice of Milk	DOUBLE CHOCOLATE MINI MUFFIN ^ Mozzarella Cheese Stick Fresh Apple Choice of Milk	FRENCH TOAST STICKS ^ Fresh Banana Orange Juice Syrup Choice of Milk	STRAWBERRY YOGURT Granola ^ Fresh Apple Choice of Milk
September 20, 2021	September 21, 2021	September 22, 2021	September 23, 2021	September 24, 2021
CINNAMON CHEX^ Strawberry Square^ Blended Fruit Juice Craisins Choice of Milk	WAFFLES ^ Mixed Fruit Cup Apple-Cranberry Juice Syrup Choice of Milk	TRIX ^ Maple Breakfast Square ^ Fresh Apple Choice of Milk	EGG & CHEESE ON ENGLISH MUFFIN ^ Fresh Banana Blended Fruit Juice Grape Jelly Choice of Milk	CHERRY BREAKFAST BAR ^ Mozzarella Cheese Stick Fresh Apple Choice of Milk
September 27, 2021	September 28, 2021	September 29, 2021	September 30, 2021	October 1, 2021
FROSTED MINI WHEATS^ Crispy Granola Bites^ Apple Juice Craisins Choice of Milk	CHEESY EGG TATER TOT-CHOS Honey Grahams ^ Orange Juice Choice of Milk	DOUBLE CHOCOLATE MINI MUFFIN ^ Mozzarella Cheese Stick Fresh Apple Choice of Milk	PANCAKES ^ Fresh Banana Apple-Cranberry Juice Syrup 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.

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



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	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																
	RICE KRISPIES ^	110	1	0	0	0	160	23	1	0	2	0	6	0	8	G/B:1sv WG BW-LS
	Graham Crackers ^	90	2	0	0	0	100	17	1	4	2	0	0	10	1	G/B:1sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-02-2021																
	PILLSBURY GRAPE CRESCENT ^	210	6	1	0	0	260	35	2	9	5	0	0	20	1	G/B:2sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-03-2021																
	BLUEBERRY MINI MUFFIN ^	118	3	0	0	18	74	20	2	8	2	34	1	5	1	G/B:1sv WG
	Mozzarella Cheese Stick	80	5	3	0	15	200	0	0	0	7	200	0	200	0	MMA:1oz
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c BW-PLANT
	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																
	FRUITY CHEERIOS^	120	2	0	0	0	140	25	2	9	3	400	48	80	3	G/B:1sv WG
	Maple Breakfast Square ^	110	4	1	0	0	40	17	1	6	2	0	0	0	0	G/B:1sv WG
	Dried Cranberries	110	0	0	0	0	0	27	2	24	0	0	0	0	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-08-2021																
	BANANA MINI MUFFIN ^	120	3	0	0	18	74	20	2	8	2	33	1	5	1	G/B:1sv WG
	Mozzarella Cheese Stick	80	5	3	0	15	200	0	0	0	7	200	0	200	0	MMA:1oz
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-																

60

	CHICKEN BISCUIT ^	245	8	1	0	12	465	33	4	5	12	0	0	68	2	MMA:1oz G/B:2.25sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Honey	25	0	0	0	0	0	7	0	7	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-10-2021																
	FROSTED FLAKES ^	110	0	0	0	0	170	24	1	8	1	0	0	60	5	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 BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-13-2021																
	RICE KRISPIES ^	110	1	0	0	0	160	23	1	0	2	0	6	0	8	G/B:1sv WG BW-LS
	Strawberry Pancake Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Dried Cranberries	110	0	0	0	0	0	27	2	24	0	0	0	0	0	F:1/2c
	Apple-Cranberry Juice	60	0	0	0	0	15	13	0	12	0	0	0	0	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																
	CHERRY FRUDEL^	210	6	1	0	0	260	36	2	11	4	0	0	0	2	G/B:2sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-15-2021																
	DOUBLE CHOCOLATE MINI MUFFIN ^	123	3	1	0	18	74	20	2	8	2	31	0	3	1	G/B:1sv WG
	Mozzarella Cheese Stick	80	5	3	0	15	200	0	0	0	7	200	0	200	0	MMA:1oz
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-16-2021																
	FRENCH TOAST STICKS ^	260	8	1	0	10	290	42	2	14	6	0	0	24	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 BW-PLANT
	Orange Juice	60	0	0	0	0	0	15	0	14	0	0	30	20	0	F:1/2c BW-PLANT
	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	
09-17-2021																
	STRAWBERRY YOGURT	70	0	0	0	0	60	14	0	10	4	0	0	150	0	MMA:1oz BW-PRO

	Granola ^	120	4	0	0	0	20	19	2	4	4	0	0	10	1	G/B:1sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-20-2021																
	CINNAMON CHEX^ Strawberry Square^ Blended Fruit Juice	290	7	1	0	0	215	54	2	25	3	120	5	80	8	G/B:2sv WG F:1/2c
	Craisins	110	0	0	0	0	0	27	2	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	
09-21-2021																
	WAFFLES ^	140	5	0	0	0	190	22	0	2	4	0	0	0	1	G/B:2sv WG
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c BW-PLANT
	Apple-Cranberry Juice	60	0	0	0	0	15	13	0	12	0	0	0	0	0	F:1/2c BW-PLANT
	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	
09-22-2021																
	TRIX ^	110	2	0	0	0	140	24	1	7	1	500	4	100	3	G/B:1sv WG
	Maple Breakfast Square ^	110	4	1	0	0	40	17	1	6	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 BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-23-2021																
	EGG & CHEESE ON ENGLISH MUFFIN ^	210	9	4	0	112	375	23	2	2	10	0	0	130	1	MMA:1.75oz G/B:2sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Grape Jelly	40	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	
09-24-2021																
	CHERRY BREAKFAST BAR ^	160	6	1	0	0	125	27	2	9	3	0	0	12	1	G/B:1.25sv WG
	Mozzarella Cheese Stick	80	5	3	0	15	200	0	0	0	7	200	0	200	0	MMA:1oz
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-27-2021																
	FROSTED MINI WHEATS^ Crispy Granola Bites^ Apple Juice	280	2	0	0	0	80	60	4	25	4	0	0	17	9	G/B:2sv WG F:1/2c
	Craisins	110	0	0	0	0	0	27	2	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	

09-28-2021																	
	CHEESY EGG TATER TOT-CHOS	213	12	4	0	47	585	21	2	3	7	72	2	122	0	MMA:1oz V:1/2c S	
	Honey Grahams ^	110	3	0	0	0	140	21	2	6	1	0	0	5	2	G/B:1sv WG	
	Orange Juice	60	0	0	0	0	0	15	0	14	0	0	30	20	0	F:1/2c BW-PLANT	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
09-29-2021																	
	DOUBLE CHOCOLATE MINI MUFFIN ^	123	3	1	0	18	74	20	2	8	2	31	0	3	1	G/B:1sv WG	
	Mozzarella Cheese Stick	80	5	3	0	15	200	0	0	0	7	200	0	200	0	MMA:1oz	
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c BW-PLANT	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
09-30-2021																	
	PANCAKES ^	130	2	0	0	5	240	26	3	6	4	0	0	63	1	G/B:2sv WG	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT	
	Apple-Cranberry Juice	60	0	0	0	0	15	13	0	12	0	0	0	0	0	F:1/2c BW-PLANT	
	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		

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									
	RICE KRISPIES ^								
	Graham Crackers ^							X	X
	Fresh Apple								
	Choice of Milk	X							
09-02-2021									
	PILLSBURY GRAPE CRESCENT ^	X							X
	Fresh Banana								
	Blended Fruit Juice								
	Choice of Milk	X							
09-03-2021									
	BLUEBERRY MINI MUFFIN ^	X	X					X	X
	Mozzarella Cheese Stick	X							
	Fresh Apple								
	Choice of Milk	X							
09-06-2021									
	LABOR DAY								
09-07-2021									
	FRUITY CHEERIOS^								
	Maple Breakfast Square ^		X					X	X
	Dried Cranberries								
	Blended Fruit Juice								
	Choice of Milk	X							
09-08-2021									
	BANANA MINI MUFFIN ^	X	X					X	X
	Mozzarella Cheese Stick	X							

	Fresh Apple								
	Choice of Milk	X							
09-09-2021									
	CHICKEN BISCUIT ^	X					X	X	
	Fresh Banana								
	Grape Juice								
	Honey								
	Choice of Milk	X							
09-10-2021									
	FROSTED FLAKES ^							X	
	Vanilla Waffle Square ^		X				X	X	
	Fresh Apple								
	Choice of Milk	X							
09-13-2021	RICE KRISPIES ^								
	Strawberry Pancake Square ^		X				X	X	
	Dried Cranberries								
	Apple-Cranberry Juice								
	Choice of Milk	X							
09-14-2021									
	CHERRY FRUDEL^	X					X	X	
	Diced Peaches								
	Blended Fruit Juice								
	Choice of Milk	X							
09-15-2021									
	DOUBLE CHOCOLATE MINI MUFFIN ^	X	X				X	X	
	Mozzarella Cheese Stick	X							
	Fresh Apple								
	Choice of Milk	X							
09-16-2021									
	FRENCH TOAST STICKS ^	X	X				X	X	
	Fresh Banana								

	Orange Juice								
	Syrup								
	Choice of Milk	X							
09-17-2021									
	STRAWBERRY YOGURT	X							
	Granola ^								
	Fresh Apple								
	Choice of Milk	X							
09-20-2021									
	CINNAMON CHEX^ Strawberry Square^ Blended Fruit Juice		X					X	X
	Craisins								
	Choice of Milk	X							
09-21-2021									
	WAFFLES ^	X	X					X	X
	Mixed Fruit Cup								
	Apple-Cranberry Juice								
	Syrup								
	Choice of Milk	X							
09-22-2021									
	TRIX ^								
	Maple Breakfast Square ^		X					X	X
	Fresh Apple								
	Choice of Milk	X							
09-23-2021									
	EGG & CHEESE ON ENGLISH MUFFIN ^	X	X					X	X
	Fresh Banana								
	Blended Fruit Juice								
	Grape Jelly								
	Choice of Milk	X							
09-24-2021									
	CHERRY BREAKFAST BAR ^							X	X
	Mozzarella Cheese Stick	X							

	Fresh Apple								
	Choice of Milk	X							
09-27-2021									
	FROSTED MINI WHEATS^ Crispy Granola Bites^ Apple Juice	X						X	X
	Craisins								
	Choice of Milk	X							
09-28-2021	CHEESY EGG TATER TOT-CHOS	X	X					X	
	Honey Grahams ^							X	X
	Orange Juice								
	Choice of Milk	X							
09-29-2021	DOUBLE CHOCOLATE MINI MUFFIN ^	X	X					X	X
	Mozzarella Cheese Stick	X							
	Fresh Apple								
	Choice of Milk	X							
09-30-2021									
	PANCAKES ^	X	X					X	X
	Fresh Banana								
	Apple-Cranberry Juice								
	Syrup								
	Choice of Milk	X							