

JUNE BREAKFAST



CICERO SCHOOL DISTRICT 99

Monday	Tuesday	Wednesday	Thursday	Friday
May 30, 2022	May 31, 2022	June 1, 2022	June 2, 2022	June 3, 2022
		RICE CHEX^ Graham Crackers ^ Fresh Apple Choice of Milk	STRAWBERRY PANCAKES ^ Fresh Banana Fruit Punch Juice Choice of Milk	BLUEBERRY MINI MUFFIN ^ Mozzarella String Cheese Fresh Apple Choice of Milk
June 6, 2022	June 7, 2022	June 8, 2022	June 9, 2022	June 10, 2022
FROSTED MINI WHEATS^ Strawberry Pancake Square^ Apple Juice Craisins Choice of Milk	CINNAMON TOAST CRUNCH FILLED BAR^ Diced Pears Apple-Cranberry Juice Choice of Milk	BANANA MINI MUFFIN ^ Mozzarella String Cheese Fresh Apple Choice of Milk		
June 13, 2022	June 14, 2022	June 15, 2022	June 16, 2022	June 17, 2022
June 20, 2022	June 21, 2022	June 22, 2022	June 23, 2022	June 24, 2022
June 27, 2022	June 28, 2022	June 29, 2022	June 30, 2022	July 1, 2022

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 WEST 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
06-01-2022																
	RICE CHEX^	100	0	0	0	0	250	24	1	2	2	100	6	100	9	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	
06-02-2022																
	STRAWBERRY PANCAKES ^	180	4	2	0	5	240	32	2	7	4	0	0	80	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
	Fruit Punch Juice	60	0	0	0	0	10	14	0	13	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	
06-03-2022																
	BLUEBERRY MINI MUFFIN ^	118	3	0	0	18	74	20	2	8	2	34	1	5	1	G/B:1sv WG
	Mozzarella String Cheese	80	6	4	0	15	200	0	0	0	7	0	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	
06-06-2022																
	FROSTED MINI WHEATS^ Strawberry Pancake Square^ Apple Juice	270	6	1	0	5	50	56	3	28	4	0	0	5	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	
06-07-2022																
	CINNAMON TOAST CRUNCH FILLED BAR^	260	8	2	0	5	290	41	3	15	6	0	0	20	1	G/B:2sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Apple-Cranberry Juice	60	0	0	0	0	15	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	
06-08-2022																
	BANANA MINI MUFFIN ^	120	3	0	0	18	74	20	2	8	2	33	1	5	1	G/B:1sv WG
	Mozzarella String Cheese	80	6	4	0	15	200	0	0	0	7	0	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	
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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

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 WEST 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
06-01-2022									
	RICE CHEX^								
	Graham Crackers ^							X	X
	Fresh Apple								
	Choice of Milk	X							
06-02-2022									
	STRAWBERRY PANCAKES ^	X	X					X	X
	Fresh Banana								
	Fruit Punch Juice								
	Choice of Milk	X							
06-03-2022									
	BLUEBERRY MINI MUFFIN ^	X	X					X	X
	Mozzarella String Cheese	X							
	Fresh Apple								
	Choice of Milk	X							
06-06-2022									
	FROSTED MINI WHEATS^ Strawberry Pancake Square^ Apple Juice		X					X	X
	Craisins								
	Choice of Milk	X							
06-07-2022									
	CINNAMON TOAST CRUNCH FILLED BAR^	X						X	X
	Diced Pears								
	Apple-Cranberry Juice								
	Choice of Milk	X							
06-08-2022									
	BANANA MINI MUFFIN ^	X	X					X	X

	Mozzarella String Cheese	X							
	Fresh Apple								
	Choice of Milk	X							