

APRIL BREAKFAST



CICERO SCHOOL DISTRICT 99

Monday	Tuesday	Wednesday	Thursday	Friday
March 28, 2022	March 29, 2022	March 30, 2022	March 31, 2022	April 1, 2022
				SPRING BREAK
April 4, 2022	April 5, 2022	April 6, 2022	April 7, 2022	April 8, 2022
FROSTED MINI WHEATS [^] Strawberry Pancake Square [^] Apple Juice Dried Cranberries Choice of Milk	APPLE FRUDEL [^] Diced Peaches Apple-Cranberry Juice Choice of Milk	BLUEBERRY MINI MUFFIN [^] Mozzarella Cheese Stick Fresh Apple Choice of Milk	BREAKFAST PIZZA BAGEL [^] Fresh Banana Orange Juice Choice of Milk	STRAWBERRY YOGURT Granola [^] Fresh Apple Choice of Milk
April 11, 2022	April 12, 2022	April 13, 2022	April 14, 2022	April 15, 2022
CINNAMON CHEX [^] Strawberry Square [^] Blended Fruit Juice SEEDLESS RAISINS (144/1.5 OZ) Choice of Milk	BEEF SAUSAGE SLIDER [^] Strawberry Pears Apple-Cranberry Juice Choice of Milk	TRIX [^] Maple Breakfast Square [^] Fresh Apple Choice of Milk	MAPLE PANCAKES [^] Fresh Banana Fruit Punch Juice Choice of Milk	NO SCHOOL
April 18, 2022	April 19, 2022	April 20, 2022	April 21, 2022	April 22, 2022
FROSTED MINI WHEATS [^] Strawberry Pancake Square [^] Apple Juice SEEDLESS RAISINS (144/1.5 OZ) Choice of Milk	CINNAMON TOAST CRUNCH FILLED BAR [^] Diced Pears Orange Juice Choice of Milk	IW WG CHOC CHIP MUFFIN(105/2OZ) Mozzarella Cheese Stick Fresh Apple Choice of Milk	EGG & CHEESE ON ENGLISH MUFFIN [^] Fresh Banana Fruit Punch Juice Choice of Milk	CHOCOLATE DONUT [^] Applesauce Grape Juice Choice of Milk
April 25, 2022	April 26, 2022	April 27, 2022	April 28, 2022	April 29, 2022
CINNAMON CHEX [^] Strawberry Square [^] Blended Fruit Juice SEEDLESS RAISINS (144/1.5 OZ) Choice of Milk	CHICKEN BISCUIT [^] Diced Peaches Grape Juice Choice of Milk	RICE CHEX [^] Graham Crackers [^] Fresh Apple Choice of Milk	STRAWBERRY PANCAKES [^] Fresh Banana Fruit Punch Juice Choice of Milk	BLUEBERRY MINI MUFFIN [^] Mozzarella Cheese Stick 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.

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



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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
04-01-2022																
	SPRING BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
04-04-2022																
	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
	Dried Cranberries	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	
04-05-2022																
	APPLE FRUDEL^	210	6	1	0	0	250	36	2	10	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
	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	
04-06-2022																
	BLUEBERRY MINI MUFFIN ^	118	3	0	0	18	74	20	2	8	2	34	1	5	1	G/B:1sv WG
	Mozzarella Cheese Stick	90	6	3	0	20	190	2	0	0	7	0	0	198	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	
04-07-2022																
	BREAKFAST PIZZA BAGEL^	180	6	3	0	55	380	23	2	6	9	40	0	200	1	MMA:1oz G/B:1.25sv 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	10	14	0	12	0	2	30	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-08-2022																
	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	
11-																

	CINNAMON CHEX^ Strawberry Square^ Blended Fruit Juice	320	8	2	0	5	185	63	4	37	4	0	0	135	2	G/B:2sv WG F:1/2c
	SEEDLESS RAISINS (144/1.5 OZ)	130	0	0	0	0	10	31	2	29	1	0	0	20	1	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-12-2022																
	BEEF SAUSAGE SLIDER ^	160	8	2	0	15	234	15	1	1	9	0	0	32	2	MMA:1oz G/B:1sv 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	
04-13-2022																
	TRIX ^	110	2	0	0	0	140	24	1	7	1	500	4	100	3	G/B:1sv WG
	Maple Breakfast Square ^	110	5	1	0	0	45	18	1	9	2	0	0	5	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	
04-14-2022																
	MAPLE PANCAKES ^	180	4	2	0	5	240	32	2	8	4	0	0	62	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	
04-15-2022																
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
04-18-2022																
	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
	SEEDLESS RAISINS (144/1.5 OZ)	130	0	0	0	0	10	31	2	29	1	0	0	20	1	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-19-2022																
	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
	Orange Juice	60	0	0	0	0	10	14	0	12	0	2	30	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-20-2022																
	IW WG CHOC CHIP MUFFIN(105/2OZ)	170	5	1	0	20	100	26	1	15	3	0	0	15	1	G/B:1sv WG
	Mozzarella Cheese Stick	90	6	3	0	20	190	2	0	0	7	0	0	198	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	
04-21-2022																
	EGG & CHEESE ON ENGLISH MUFFIN ^	210	8	4	0	132	300	24	2	2	12	0	0	134	2	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
	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	
04-22-2022																
	CHOCOLATE DONUT^	310	13	6	0	15	300	45	2	25	3	0	0	50	2	G/B:2sv WG
	Applesauce	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c BW-PLANT
	Grape 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	
04-25-2022																
	CINNAMON CHEX^ Strawberry Square^ Blended Fruit Juice	320	8	2	0	5	185	63	4	37	4	0	0	135	2	G/B:2sv WG F:1/2c
	SEEDLESS RAISINS (144/1.5 OZ)	130	0	0	0	0	10	31	2	29	1	0	0	20	1	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-26-2022																
	CHICKEN BISCUIT ^	245	8	1	0	12	465	33	4	5	12	0	0	68	2	MMA:1oz G/B:2.25sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT
	Grape 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	
04-27-2022																
	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	
04-28-2022																
	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	
04-29-2022																
	BLUEBERRY MINI MUFFIN ^	118	3	0	0	18	74	20	2	8	2	34	1	5	1	G/B:1sv WG
	Mozzarella Cheese Stick	90	6	3	0	20	190	2	0	0	7	0	0	198	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: DANIEL BURNHAM ELEMENTARY 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
04-01-2022									
	SPRING BREAK								
04-04-2022									
	FROSTED MINI WHEATS^ Strawberry Pancake Square^ Apple Juice		X					X	X
	Dried Cranberries								
	Choice of Milk	X							
04-05-2022									
	APPLE FRUDEL^	X						X	X
	Diced Peaches								
	Apple-Cranberry Juice								
	Choice of Milk	X							
04-06-2022									
	BLUEBERRY MINI MUFFIN ^	X	X					X	X
	Mozzarella Cheese Stick	X							
	Fresh Apple								
	Choice of Milk	X							
04-07-2022									
	BREAKFAST PIZZA BAGEL^	X	X						X
	Fresh Banana								
	Orange Juice								
	Choice of Milk	X							
04-08-2022									
	STRAWBERRY YOGURT	X							
	Granola ^								
	Fresh Apple								
	Choice of Milk	X							

	IW WG CHOC CHIP MUFFIN(105/2OZ)	X	X					X	X
	Mozzarella Cheese Stick	X							
	Fresh Apple								
	Choice of Milk	X							
04-21-2022									
	EGG & CHEESE ON ENGLISH MUFFIN ^	X	X					X	X
	Fresh Banana								
	Fruit Punch Juice								
	Choice of Milk	X							
04-22-2022									
	CHOCOLATE DONUT ^	X	X					X	X
	Applesauce								
	Grape Juice								
	Choice of Milk	X							
04-25-2022									
	CINNAMON CHEX^ Strawberry Square^ Blended Fruit Juice	X	X					X	X
	SEEDLESS RAISINS (144/1.5 OZ)								
	Choice of Milk	X							
04-26-2022									
	CHICKEN BISCUIT ^	X						X	X
	Diced Peaches								
	Grape Juice								
	Choice of Milk	X							
04-27-2022									
	RICE CHEX^								
	Graham Crackers ^							X	X
	Fresh Apple								
	Choice of Milk	X							
04-28-2022									
	STRAWBERRY PANCAKES ^	X	X					X	X
	Fresh Banana								
	Fruit Punch Juice								

	Choice of Milk	X							
04-29-2022									
	BLUEBERRY MINI MUFFIN ^	X	X					X	X
	Mozzarella Cheese Stick	X							
	Fresh Apple								
	Choice of Milk	X							

APRIL LUNCH



ELEMENTARY SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday
March 28, 2022	March 29, 2022	March 30, 2022	March 31, 2022	April 1, 2022
				SPRING BREAK
April 4, 2022	April 5, 2022	April 6, 2022	April 7, 2022	April 8, 2022
CHEESE PIZZA^ Country Blend Vegetables Diced Peaches Choice of Milk	CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Potato Wedges Sun Splash Veggie Juice Applesauce BBQ Sauce Choice of Milk	GRILLED CHEESE PANINI ^ Romaine Salad Baby Carrots Ranch Dressing Fresh Pear Choice of Milk	*WALKING TACO* TURKEY TACOS Wild White Nacho Doritos^ Fiesta Beans Crunchy Celery Sticks Ranch Dressing Sliced Apples Taco Sauce Choice of Milk	MINI CHEESE RAVIOLI WITH SAUCE ^ Breadstick ^ Green Beans Orange Juice Choice of Milk
April 11, 2022	April 12, 2022	April 13, 2022	April 14, 2022	April 15, 2022
CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ Breadstick ^ Corn Applesauce Choice of Milk	CHARBROILED HAMBURGER Hamburger Bun ^ Baked Beans Pickle Chips Orange Juice Mustard Ketchup Choice of Milk	CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Broccoli Diced Peaches BBQ Sauce Choice of Milk	PIZZA DIPPERS ^ Marinara Dipping Sauce Sun Splash Veggie Juice Diced Pears Choice of Milk	NO SCHOOL
April 18, 2022	April 19, 2022	April 20, 2022	April 21, 2022	April 22, 2022
POPCORN CHICKEN ^ Baked Beans Sun Splash Veggie Juice Applesauce BBQ Sauce Choice of Milk	TERIYAKI CHICKEN PATTY Hamburger Bun ^ Golden Potato Rounds Diced Peaches Choice of Milk	ROTINI BAKE ^ Breadstick ^ Mixed Vegetables Orange Juice Choice of Milk	*GLOBAL BITES* DUTCH WAFFLE^ W/SAUSAGE VBLEND SUNSET SIP(40/6.75OZ) Diced Pears Syrup Choice of Milk	BEAN & CHEESE BURRITO ^ Salsa Cup Romaine Salad French Dressing Fresh Banana Choice of Milk
April 25, 2022	April 26, 2022	April 27, 2022	April 28, 2022	April 29, 2022
CHEESE PIZZA^ Country Blend Vegetables Applesauce Choice of Milk	CHICKEN ALFREDO PASTA ^ Breadstick ^ Broccoli Orange Juice Choice of Milk	PANCAKES & SAUSAGE ^ Seasoned Diced Potatoes Sun Splash Veggie Juice Diced Pears Syrup Choice of Milk	HOT DOG Hot Dog Bun ^ Baked Beans Baby Carrots Ranch Dressing Fresh Apple Mustard Ketchup Choice of Milk	VEGETARIAN CHILI WITH BEANS Corn Diced Peaches Fritos ^ 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

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[illegible]

	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c BW-PLANT
	Taco Sauce	5	0	0	0	0	55	1	0	0	0	100	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-08-2022																
	MINI CHEESE RAVIOLI WITH SAUCE ^	308	7	2	0	50	883	42	5	8	19	10	0	126	2	MMA:2oz G/B:1.25sv WG V:1/2c RO
	Breadstick ^	100	1	0	0	0	140	20	2	1	4	0	9	20	1	G/B:1sv WG
	Green Beans	32	0	0	0	0	0	6	2	2	2	21	10	36	1	V:1/2c O BW-PLANT
	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	
04-11-2022																
	CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^	329	18	4	0	28	502	24	4	5	17	1	1	97	2	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
	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S 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	
04-12-2022																
	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
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF
	Pickle Chips	5	0	0	0	0	330	1	0	0	0	2	1	23	0	V:1/4c O
	Orange Juice	60	0	0	0	0	10	14	0	12	0	2	30	10	0	F:1/2c
	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	
04-13-2022																
	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
	Broccoli	39	0	0	0	0	15	8	4	2	4	1417	56	46	1	V:3/4c DG BW-PLANT
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	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	
04-14-2022																
	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	131	10	2	4	2	1	0	27	0	V:1/2c RO BW-PLANT
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO BW-PLANT
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-15-2022																
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
04-18-2022																
	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
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO BW-PLANT
	Applesauce	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	
04-19-2022																
	TERIYAKI CHICKEN PATTY	156	7	2	0	59	578	6	0	4	16	0	0	3	0	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	148	8	2	0	0	288	18	2	0	2	0	3	0	1	V:3/4c S BW-PLANT
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-20-2022																
	ROTINI BAKE ^	337	12	5	0	36	458	38	6	10	18	9	0	172	2	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
	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
	Orange Juice	60	0	0	0	0	10	14	0	12	0	2	30	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-21-2022	*GLOBAL BITES*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	DUTCH WAFFLE^ W/SAUSAGE	460	25	8	0	55	510	45	3	12	15	0	0	66	3	MMA:2.25oz G/B:2sv WG
	VBLEND SUNSET SIP(40/6.75OZ)	70	0	0	0	0	20	17	0	15	0	750	60	0	0	V:3/4c RO
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	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	
04-22-2022																
	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	
	Romaine Salad	0	0	0	0	0	0	0	0	0	0	4	0	0	0	V:1/2c DG BW-PLANT	
	French Dressing	10	0	0	0	0	140	1	0	1	0	0	0	0	0		
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
04-25-2022																	
	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	
	Country Blend Vegetables	69	0	0	0	0	32	15	3	4	3	396	8	36	1	V:1/4c S V:1/2c O 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		
04-26-2022																	
	CHICKEN ALFREDO PASTA ^	380	20	8	0	74	677	32	2	6	20	4	1	291	1	MMA:2oz G/B:1sv WG	
	Breadstick ^	100	1	0	0	0	140	20	2	1	4	0	9	20	1	G/B:1sv WG	
	Broccoli	39	0	0	0	0	15	8	4	2	4	1417	56	46	1	V:3/4c DG BW-PLANT	
	Orange Juice	60	0	0	0	0	10	14	0	12	0	2	30	10	0	F:1/2c	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
04-27-2022																	
	PANCAKES & SAUSAGE ^	290	14	4	0	40	400	28	3	6	15	0	0	89	2	MMA:2.25oz G/B:2sv WG	
	Seasoned Diced Potatoes	115	6	1	0	0	473	14	2	2	2	8	15	4	0	V:1/2c S BW-PLANT	
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO BW-PLANT	
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	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		
04-28-2022																	
	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	
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF	
	Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO	
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0		
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c 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		
29 -																	

VEGETARIAN CHILI WITH BEANS	220	0	0	0	0	548	42	12	11	10	47	2	96	4	MMA:2oz V:1/2c RO BW-LPP
Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S BW-PLANT
Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT
Fritos ^	120	8	1	0	0	125	12	0	0	1	0	0	20	0	G/B:1sv WG
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
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: DANIEL BURNHAM ELEMENTARY 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
04-01-2022									
	SPRING BREAK								
04-04-2022									
	CHEESE PIZZA^	X						X	X
	Country Blend Vegetables								
	Diced Peaches								
	Choice of Milk	X							
04-05-2022									
	CRISPY CHICKEN PATTY ^							X	X
	Hamburger Bun ^	X						X	X
	Potato Wedges							X	
	Sun Splash Veggie Juice								
	Applesauce								
	BBQ Sauce							X	
	Choice of Milk	X							
04-06-2022									
	GRILLED CHEESE PANINI ^	X						X	X
	Romaine Salad								
	Baby Carrots								
	Ranch Dressing	X	X					X	
	Fresh Pear								
	Choice of Milk	X							
04-07-2022									
	WALKING TACO								
	TURKEY TACOS								
	Wild White Nacho Doritos^	X							
	Fiesta Beans								

	Crunchy Celery Sticks							
	Ranch Dressing	X	X				X	
	Sliced Apples							
	Taco Sauce							
	Choice of Milk	X						
04-08-2022	MINI CHEESE RAVIOLI WITH SAUCE ^	X	X				X	X
	Breadstick ^						X	X
	Green Beans							
	Orange Juice							
	Choice of Milk	X						
04-11-2022	CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^	X					X	X
	Breadstick ^						X	X
	Corn							
	Applesauce							
	Choice of Milk	X						
04-12-2022	CHARBROILED HAMBURGER						X	
	Hamburger Bun ^	X					X	X
	Baked Beans							
	Pickle Chips							
	Orange Juice							
	Mustard							
	Ketchup							
	Choice of Milk	X						
04-13-2022	CRISPY CHICKEN PATTY ^						X	X
	Hamburger Bun ^	X					X	X
	Broccoli							
	Diced Peaches							
	BBQ Sauce						X	

04-14-2022	Choice of Milk	X							
	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X							
	Sun Splash Veggie Juice								
	Diced Pears								
	Choice of Milk	X							
04-15-2022									
	NO SCHOOL								
04-18-2022									
	POPCORN CHICKEN ^							X	X
	Baked Beans								
	Sun Splash Veggie Juice								
	Applesauce								
	BBQ Sauce							X	
	Choice of Milk	X							
04-19-2022									
	TERIYAKI CHICKEN PATTY							X	X
	Hamburger Bun ^	X						X	X
	Golden Potato Rounds							X	
	Diced Peaches								
	Choice of Milk	X							
04-20-2022									
	ROTINI BAKE ^	X						X	X
	Breadstick ^							X	X
	Mixed Vegetables								
	Orange Juice								
	Choice of Milk	X							
04-21-2022									
	GLOBAL BITES								
	DUTCH WAFFLE^ W/SAUSAGE	X	X					X	X
	VBLEND SUNSET SIP(40/6.75OZ)								

	Diced Pears								
	Syrup								
	Choice of Milk	X							
04-22-2022									
	BEAN & CHEESE BURRITO ^	X						X	X
	Salsa Cup								
	Romaine Salad								
	French Dressing							X	
	Fresh Banana								
	Choice of Milk	X							
04-25-2022									
	CHEESE PIZZA^	X						X	X
	Country Blend Vegetables								
	Applesauce								
	Choice of Milk	X							
04-26-2022									
	CHICKEN ALFREDO PASTA ^	X						X	X
	Breadstick ^							X	X
	Broccoli								
	Orange Juice								
	Choice of Milk	X							
04-27-2022									
	PANCAKES & SAUSAGE ^	X	X					X	X
	Seasoned Diced Potatoes								
	Sun Splash Veggie Juice								
	Diced Pears								
	Syrup								
	Choice of Milk	X							
04-28-2022									
	HOT DOG								
	Hot Dog Bun ^	X						X	X
	Baked Beans								
	Baby Carrots								

	Ranch Dressing	X	X					X	
	Fresh Apple								
	Mustard								
	Ketchup								
	Choice of Milk	X							
04-29-2022									
	VEGETARIAN CHILI WITH BEANS							X	X
	Corn								
	Diced Peaches								
	Fritos ^								
	Choice of Milk	X							

APRIL LUNCH



UNITY JUNIOR HIGH SCHOOL L2SB - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
March 28, 2022	March 29, 2022	March 30, 2022	March 31, 2022	April 1, 2022
				SPRING BREAK
April 4, 2022	April 5, 2022	April 6, 2022	April 7, 2022	April 8, 2022
CRUNCHY CHICKEN TENDERS ^ CHEESE PIZZA^ Country Blend Vegetables Diced Peaches BBQ Sauce Choice of Milk	SALISBURY STEAK W/GRAVY & MASHED POTATOES CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Potato Wedges Sun Splash Veggie Juice Applesauce BBQ Sauce Choice of Milk	GRILLED CHEESE PANINI ^ CHARBROILED HAMBURGER Hamburger Bun ^ Romaine Salad Baby Carrots Ranch Dressing Fresh Pear Mustard Ketchup Choice of Milk	*WALKING TACO* TURKEY TACOS Wild White Nacho Doritos^ CORN DOG ON A STICK^ Fiesta Beans Crunchy Celery Sticks Ranch Dressing Sliced Apples Taco Sauce Mustard Ketchup Choice of Milk	MINI CHEESE RAVIOLI WITH SAUCE ^ Breadstick ^ SLOPPY JOE Hamburger Bun ^ Green Beans Orange Juice Choice of Milk
April 11, 2022	April 12, 2022	April 13, 2022	April 14, 2022	April 15, 2022
CHEESY PENNE BAKE ^ CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ Breadstick ^ Corn Applesauce Choice of Milk	GRILLED BBQ CHICKEN CHARBROILED HAMBURGER Hamburger Bun ^ Baked Beans Pickle Chips Orange Juice Mustard Ketchup Choice of Milk	MAC & CHEESE ^ CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Broccoli Diced Peaches BBQ Sauce Choice of Milk	PIZZA DIPPERS ^ Marinara Dipping Sauce HOT DOG WITH POTATO ROUNDS Hot Dog Bun ^ Sun Splash Veggie Juice Diced Pears Mustard Ketchup Choice of Milk	NO SCHOOL
April 18, 2022	April 19, 2022	April 20, 2022	April 21, 2022	April 22, 2022
GRILLED CHEESE PANINI ^ POPCORN CHICKEN ^ Baked Beans Sun Splash Veggie Juice Applesauce BBQ Sauce Choice of Milk	TERIYAKI CHICKEN PATTY CHARBROILED HAMBURGER Hamburger Bun ^ French Fries Diced Peaches Mustard Ketchup Choice of Milk	ROTINI BAKE ^ Breadstick ^ CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Mixed Vegetables Orange Juice BBQ Sauce Choice of Milk	*GLOBAL BITES* DUTCH WAFFLE^ W/SAUSAGE VBLEND SUNSET SIP(40/6.75OZ) CORN DOG ON A STICK^ Country Blend Vegetables Diced Pears Syrup Mustard Ketchup Choice of Milk	BEAN & CHEESE BURRITO ^ Salsa Cup PIZZA DIPPERS ^ Marinara Sauce Romaine Salad French Dressing Fresh Banana Choice of Milk
April 25, 2022	April 26, 2022	April 27, 2022	April 28, 2022	April 29, 2022
CHEESE PIZZA^ TURKEY & CHEESE ON A BUN^ Country Blend Vegetables Applesauce Mustard Choice of Milk	CHICKEN ALFREDO PASTA ^ Breadstick ^ CHEESEBURGER Hamburger Bun ^ Broccoli Orange Juice Mustard Ketchup Choice of Milk	PANCAKES & SAUSAGE ^ CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Seasoned Diced Potatoes Sun Splash Veggie Juice Diced Pears Syrup Light Mayonnaise Choice of Milk	CHICKEN TENDERS ^ WITH BAKED BEANS HOT DOG Hot Dog Bun ^ Baked Beans Baby Carrots Ranch Dressing Fresh Apple BBQ Sauce Mustard Ketchup Choice of Milk	VEGETARIAN CHILI WITH BEANS MEATBALL SUB Hot Dog Bun ^ Corn Diced Peaches Fritos ^ 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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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
04-01-2022																
	SPRING BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
04-04-2022																
	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	36	2	MMA:2oz 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
	Country Blend Vegetables	69	0	0	0	0	32	15	3	4	3	396	8	36	1	V:1/4c S V:1/2c O BW-PLANT
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	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	
04-05-2022																
	SALISBURY STEAK W/GRAVY &MASHED POTATOES	287	12	4	0	37	591	29	2	4	16	4	17	93	1	MMA:2oz V:1/2c S
	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
	Potato Wedges	90	2	0	0	0	20	18	1	0	1	0	0	10	0	V:1/2c S BW-PLANT
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO BW-PLANT
	Applesauce	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	
04-06-2022	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	GRILLED CHEESE PANINI ^	340	20	10	0	50	820	30	2	6	14	0	0	322	1	MMA:2oz G/B:2sv 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
	Romaine Salad	0	0	0	0	0	0	0	0	0	0	4	0	0	0	V:1/2c DG BW-PLANT
	Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	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	
04-07-2022																
	WALKING TACO	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	TURKEY TACOS	130	7	2	0	70	320	2	0	0	13	200	0	60	2	MMA:2oz BW-LPP BW-LS
	Wild White Nacho Doritos^	130	5	1	0	0	170	20	2	0	2	0	0	40	0	G/B:1.5sv 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
	Fiesta Beans	180	0	0	0	0	452	33	8	3	11	2	1	66	3	V:1/2c L V:1/8c RO BW-HF
	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	
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c BW-PLANT
	Taco Sauce	5	0	0	0	0	55	1	0	0	0	100	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	
04-08-2022																
	MINI CHEESE RAVIOLI WITH SAUCE ^	308	7	2	0	50	883	42	5	8	19	10	0	126	2	MMA:2oz G/B:1.25sv WG V:1/2c RO
	Breadstick ^	100	1	0	0	0	140	20	2	1	4	0	9	20	1	G/B:1sv WG
	SLOPPY JOE	196	7	3	0	34	427	18	2	11	14	0	0	58	2	MMA:2oz V:1/2c RO
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Green Beans	32	0	0	0	0	0	6	2	2	2	21	10	36	1	V:1/2c O BW-PLANT
	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	
04-11-2022																
	CHEESY PENNE BAKE ^	319	9	5	0	33	610	39	4	12	20	48	0	412	2	MMA:2oz G/B:1sv WG V:1/2c RO
	CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^	329	18	4	0	28	502	24	4	5	17	1	1	97	2	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
	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S 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	
04-12-2022																
	GRILLED BBQ CHICKEN	205	4	1	0	40	476	21	1	13	22	1	0	32	1	MMA:2oz V:1/4c RO
	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
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF

	Pickle Chips	5	0	0	0	0	330	1	0	0	0	2	1	23	0	V:1/4c O
	Orange Juice	60	0	0	0	0	10	14	0	12	0	2	30	10	0	F:1/2c
	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	
04-13-2022																
	MAC & CHEESE ^	332	10	6	0	32	797	42	2	11	19	449	1	478	1	MMA:2oz 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
	Broccoli	39	0	0	0	0	15	8	4	2	4	1417	56	46	1	V:3/4c DG BW-PLANT
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	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	
04-14-2022																
	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	131	10	2	4	2	1	0	27	0	V:1/2c RO BW-PLANT
	HOT DOG WITH POTATO ROUNDS	266	15	6	0	41	797	18	2	3	16	122	3	244	1	MMA:2oz V:1/2c S
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO BW-PLANT
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	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	
04-15-2022																
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
04-18-2022																
	GRILLED CHEESE PANINI ^	340	20	10	0	50	820	30	2	6	14	0	0	322	1	MMA:2oz 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
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO BW-PLANT
	Applesauce	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	
04-19-2022																
	TERIYAKI CHICKEN PATTY	156	7	2	0	59	578	6	0	4	16	0	0	3	0	MMA:2oz

	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
	French Fries	130	5	1	0	0	38	20	0	0	2	0	8	0	0	V:3/4c S BW-PLANT
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	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	
04-20-2022																
	ROTINI BAKE ^	337	12	5	0	36	458	38	6	10	18	9	0	172	2	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
	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
	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
	Orange Juice	60	0	0	0	0	10	14	0	12	0	2	30	10	0	F:1/2c
	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	
04-21-2022																
	GLOBAL BITES	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	DUTCH WAFFLE^ W/SAUSAGE	460	25	8	0	55	510	45	3	12	15	0	0	66	3	MMA:2.25oz G/B:2sv WG
	VBLEND SUNSET SIP(40/6.75OZ)	70	0	0	0	0	20	17	0	15	0	750	60	0	0	V:3/4c RO
	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
	Country Blend Vegetables	69	0	0	0	0	32	15	3	4	3	396	8	36	1	V:1/4c S V:1/2c O BW-PLANT
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Syrup	80	0	0	0	0	10	20	0	10	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	
04-22-2022																
	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
	PIZZA DIPPERS ^	280	12	5	0	20	560	28	2	4	18	2000	0	360	2	MMA:2oz G/B:2sv WG
	Marinara Sauce	40	1	0	0	0	200	7	1	4	1	90	6	20	1	V:1/2c RO BW-PLANT
	Romaine Salad	0	0	0	0	0	0	0	0	0	0	4	0	0	0	V:1/2c DG BW-PLANT

	French Dressing	10	0	0	0	0	140	1	0	1	0	0	0	0		
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	F:1/2c BW-PLANT	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-25-2022																
	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
	TURKEY & CHEESE ON A BUN^	275	7	2	0	50	710	28	2	5	24	0	0	134	2	MMA:2oz G/B:2sv WG BW- LPP
	Country Blend Vegetables	69	0	0	0	0	32	15	3	4	3	396	8	36	1	V:1/4c S V:1/2c O BW- PLANT
	Applesauce	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
04-26-2022																
	CHICKEN ALFREDO PASTA ^	380	20	8	0	74	677	32	2	6	20	4	1	291	1	MMA:2oz G/B:1sv WG
	Breadstick ^	100	1	0	0	0	140	20	2	1	4	0	9	20	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
	Broccoli	39	0	0	0	0	15	8	4	2	4	1417	56	46	1	V:3/4c DG BW-PLANT
	Orange Juice	60	0	0	0	0	10	14	0	12	0	2	30	10	0	F:1/2c
	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		
04-27-2022																
	PANCAKES & SAUSAGE ^	290	14	4	0	40	400	28	3	6	15	0	0	89	2	MMA:2.25oz G/B:2sv 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
	Seasoned Diced Potatoes	115	6	1	0	0	473	14	2	2	2	8	15	4	0	V:1/2c S BW-PLANT
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO BW-PLANT
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	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		
04-28-2022																
	CHICKEN TENDERS ^ WITH BAKED BEANS	452	16	2	0	25	673	53	10	9	25	31	0	113	5	MMA:2oz G/B:1sv WG V:1/2c L
	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

	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF
	Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c 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	
04-29-2022																
	VEGETARIAN CHILI WITH BEANS	220	0	0	0	0	548	42	12	11	10	47	2	96	4	MMA:2oz V:1/2c RO BW-LPP
	MEATBALL SUB	235	12	4	0	35	311	15	3	5	14	31	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
	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S BW-PLANT
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT
	Fritos ^	120	8	1	0	0	125	12	0	0	1	0	0	20	0	G/B:1sv WG
	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
04-01-2022									
	SPRING BREAK								
04-04-2022									
	CRUNCHY CHICKEN TENDERS ^							X	X
	CHEESE PIZZA^	X						X	X
	Country Blend Vegetables								
	Diced Peaches								
	BBQ Sauce							X	
	Choice of Milk	X							
04-05-2022									
	SALISBURY STEAK W/GRAVY &MASHED POTATOES	X						X	X
	CRISPY CHICKEN PATTY ^							X	X
	Hamburger Bun ^	X						X	X
	Potato Wedges							X	
	Sun Splash Veggie Juice								
	Applesauce								
	BBQ Sauce							X	
	Choice of Milk	X							
04-06-2022									
	GRILLED CHEESE PANINI ^	X						X	X
	CHARBROILED HAMBURGER							X	
	Hamburger Bun ^	X						X	X
	Romaine Salad								
	Baby Carrots								
	Ranch Dressing	X	X					X	
	Fresh Pear								

	Mustard								
	Ketchup								
	Choice of Milk	X							
04-07-2022									
	WALKING TACO								
	TURKEY TACOS								
	Wild White Nacho Doritos^	X							
	CORN DOG ON A STICK^		X					X	X
	Fiesta Beans								
	Crunchy Celery Sticks								
	Ranch Dressing	X	X					X	
	Sliced Apples								
	Taco Sauce								
	Mustard								
	Ketchup								
	Choice of Milk	X							
04-08-2022									
	MINI CHEESE RAVIOLI WITH SAUCE ^	X	X					X	X
	Breadstick ^							X	X
	SLOPPY JOE							X	
	Hamburger Bun ^	X						X	X
	Green Beans								
	Orange Juice								
	Choice of Milk	X							
04-11-2022									
	CHEESY PENNE BAKE ^	X							X
	CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^	X						X	X
	Breadstick ^							X	X
	Corn								
	Applesauce								
	Choice of Milk	X							
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	GRILLED BBQ CHICKEN							X	
	CHARBROILED HAMBURGER							X	
	Hamburger Bun ^	X						X	X
	Baked Beans								
	Pickle Chips								
	Orange Juice								
	Mustard								
	Ketchup								
	Choice of Milk	X							
04-13-2022									
	MAC & CHEESE ^	X						X	X
	CRISPY CHICKEN PATTY ^							X	X
	Hamburger Bun ^	X						X	X
	Broccoli								
	Diced Peaches								
	BBQ Sauce							X	
	Choice of Milk	X							
04-14-2022									
	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X							
	HOT DOG WITH POTATO ROUNDS	X						X	X
	Hot Dog Bun ^	X						X	X
	Sun Splash Veggie Juice								
	Diced Pears								
	Mustard								
	Ketchup								
	Choice of Milk	X							
04-15-2022									
	NO SCHOOL								
04-18-2022									
	GRILLED CHEESE PANINI ^	X						X	X
	POPCORN CHICKEN ^							X	X

	Baked Beans								
	Sun Splash Veggie Juice								
	Applesauce								
	BBQ Sauce							X	
	Choice of Milk	X							
04-19-2022									
	TERIYAKI CHICKEN PATTY							X	X
	CHARBROILED HAMBURGER							X	
	Hamburger Bun ^	X						X	X
	French Fries							X	
	Diced Peaches								
	Mustard								
	Ketchup								
	Choice of Milk	X							
04-20-2022									
	ROTINI BAKE ^	X						X	X
	Breadstick ^							X	X
	CRISPY CHICKEN PATTY ^							X	X
	Hamburger Bun ^	X						X	X
	Mixed Vegetables								
	Orange Juice								
	BBQ Sauce							X	
	Choice of Milk	X							
04-21-2022									
	GLOBAL BITES								
	DUTCH WAFFLE^ W/SAUSAGE	X	X					X	X
	VBLEND SUNSET SIP(40/6.75OZ)								
	CORN DOG ON A STICK^		X					X	X
	Country Blend Vegetables								
	Diced Pears								
	Syrup								
	Mustard								

	Ketchup								
	Choice of Milk	X							
04-22-2022									
	BEAN & CHEESE BURRITO ^	X						X	X
	Salsa Cup								
	PIZZA DIPPERS ^	X	X					X	X
	Marinara Sauce								
	Romaine Salad								
	French Dressing							X	
	Fresh Banana								
	Choice of Milk	X							
	04-25-2022								
CHEESE PIZZA^		X						X	X
TURKEY & CHEESE ON A BUN^		X						X	X
Country Blend Vegetables									
Applesauce									
Mustard									
Choice of Milk		X							
04-26-2022									
	CHICKEN ALFREDO PASTA ^	X						X	X
	Breadstick ^							X	X
	CHEESEBURGER	X						X	
	Hamburger Bun ^	X						X	X
	Broccoli								
	Orange Juice								
	Mustard								
	Ketchup								
	Choice of Milk	X							
04-27-2022									
	PANCAKES & SAUSAGE ^	X	X					X	X
	CRISPY CHICKEN PATTY ^							X	X
	Hamburger Bun ^	X						X	X

