

JUNE

LUNCH



UNITY JUNIOR HIGH SCHOOL

L2SB - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
May 30, 2022	May 31, 2022	June 1, 2022	June 2, 2022	June 3, 2022
		PANCAKES & SAUSAGE ^ CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Baked Beans Sun Splash Veggie Juice Diced Pears Syrup Light Mayonnaise Choice of Milk	CHICKEN NUGGETS ^ WITH BAKED BEANS HOT DOG Hot Dog Bun ^ Fresh Apple BBQ Sauce Mustard Ketchup Choice of Milk Salad Bar Selections Romaine Salad Carrot Sticks Crunchy Celery Sticks Ranch Dressing	VEGETARIAN CHILI WITH BEANS MEATBALL SUB Hot Dog Bun ^ Corn Diced Peaches Fritos ^ Choice of Milk
June 6, 2022	June 7, 2022	June 8, 2022	June 9, 2022	June 10, 2022
MINI CHEESE RAVIOLI WITH SAUCE ^ CRUNCHY CHICKEN TENDERS ^ Baked Beans Sun Splash Veggie Juice Orange Juice BBQ Sauce Choice of Milk	TURKEY HAM & CHEESE PANINI ^ CHARBROILED HAMBURGER Hamburger Bun ^ Applesauce Mustard Ketchup Choice of Milk Salad Bar Selections Romaine Salad Cucumber Coins Carrot Sticks Ranch Dressing	HOMESTYLE SALISBURY STEAK W/GRAVY CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Potato Wedges Diced Peaches BBQ Sauce 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																
	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
	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
	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	
06-02-2022																
	CHICKEN NUGGETS ^ WITH BAKED BEANS	417	13	2	0	44	758	49	8	8	26	38	0	77	3	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
	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	
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG BW-PLANT
	Carrot Sticks	12	0	0	0	0	20	3	1	1	12	246	2	10	0	V:1/4c RO BW-PLANT
	Crunchy Celery Sticks	5	0	0	0	0	26	1	0	1	0	7	1	13	0	V:1/4c O BW-PLANT
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
06-03-2022																
	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	238	12	4	0	35	314	16	3	6	14	101	1	70	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	
06-06-2022																
	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
	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	36	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
	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	
06-07-2022																
	TURKEY HAM & CHEESE PANINI ^	297	13	6	0	56	835	28	2	5	16	0	0	161	1	MMA:2oz G/B:2sv WG
	CHARBROILED HAMBURGER	160	12	5	0	35	220	2	1	1	11	0	0	40	1	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	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	
	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	
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG BW-PLANT
	Cucumber Coins	5	0	0	0	0	1	1	0	0	0	2	1	5	0	V:1/4c O BW-PLANT
	Carrot Sticks	12	0	0	0	0	20	3	1	1	12	246	2	10	0	V:1/4c RO BW-PLANT
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
06-08-2022																
	HOMESTYLE SALISBURY STEAK W/GRAVY	210	14	6	0	45	357	6	2	1	16	11	0	36	2	MMA:2.5oz
	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	135	3	0	0	0	30	27	2	0	2	0	0	15	0	V:3/4c S
	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	

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									
	PANCAKES & SAUSAGE ^	X	X					X	X
	CRISPY CHICKEN PATTY ^							X	X
	Hamburger Bun ^	X						X	X
	Baked Beans								
	Sun Splash Veggie Juice								
	Diced Pears								
	Syrup								
	Light Mayonnaise		X					X	
	Choice of Milk	X							
06-02-2022									
	CHICKEN NUGGETS ^ WITH BAKED BEANS							X	X
	HOT DOG								
	Hot Dog Bun ^	X						X	X
	Fresh Apple								
	BBQ Sauce							X	
	Mustard								
	Ketchup								
	Choice of Milk	X							
	Salad Bar Selections								
	Romaine Salad								
	Carrot Sticks								
	Crunchy Celery Sticks								
	Ranch Dressing	X	X					X	
06-03-2022									
	VEGETARIAN CHILI WITH BEANS							X	X

	Diced Peaches							
	BBQ Sauce						X	
	Choice of Milk	X						