

OCTOBER BREAKFAST



CICERO SCHOOL DISTRICT 99

Monday	Tuesday	Wednesday	Thursday	Friday
September 27, 2021	September 28, 2021	September 29, 2021	September 30, 2021	October 1, 2021
				FRUITY CHEERIOS [^] Strawberry Pancake Square [^] Fresh Apple Choice of Milk
October 4, 2021	October 5, 2021	October 6, 2021	October 7, 2021	October 8, 2021
CINNAMON CHEX [^] Strawberry Square [^] Blended Fruit Juice Craisins Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN [^] Pineapple Tidbits Grape Juice Grape Jelly Choice of Milk	RICE KRISPIES [^] Honey Maid LIL Squares [^] 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
October 11, 2021	October 12, 2021	October 13, 2021	October 14, 2021	October 15, 2021
COLUMBUS DAY	FROSTED MINI WHEATS [^] Crispy Granola Bites [^] Apple Juice Craisins 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 CORN FLAKES [^] Vanilla Waffle Square [^] Fresh Apple Choice of Milk
October 18, 2021	October 19, 2021	October 20, 2021	October 21, 2021	October 22, 2021
CINNAMON CHEX [^] Strawberry Square [^] Blended Fruit Juice Craisins 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
October 25, 2021	October 26, 2021	October 27, 2021	October 28, 2021	October 29, 2021
FROSTED MINI WHEATS [^] Crispy Granola Bites [^] Apple 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

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



The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all program and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.nscs.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866)632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington D.C. 20250-9410, by fax (202)690-7442 or email program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339 or (800)845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Nutritional Information: DANIEL BURNHAM ELEMENTARY 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
10-01-2021																
	FRUITY CHEERIOS^	120	2	0	0	0	140	25	2	9	3	400	48	80	3	G/B:1sv WG
	Strawberry Pancake 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	
10-04-2021																
	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	
10-05-2021																
	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	187	7	3	0	28	383	23	2	2	11	0	0	110	1	MMA:1oz G/B:2sv WG
	Pineapple Tidbits	50	0	0	0	0	7	11	1	9	2	13	6	10	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
	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	
10-06-2021																
	RICE KRISPIES ^	110	1	0	0	0	160	23	1	0	2	0	6	0	8	G/B:1sv WG BW-LS
	Honey Maid LIL Squares^	130	3	0	0	0	150	24	2	8	2	0	0	0	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	
10-07-2021																
	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	
10-08-2021																
	BLUEBERRY MINI MUFFIN ^	118	3	0	0	18	74	20	2	8	2	34	1	5	1	G/B:1sv WG

	Mozzarella Cheese Stick	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	
10-11-2021																
	COLUMBUS DAY	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
10-12-2021																
	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	
10-13-2021																
	BANANA MINI MUFFIN ^	120	3	0	0	18	74	20	2	8	2	33	1	5	1	G/B:1sv WG
	Mozzarella Cheese Stick	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	
10-14-2021																
	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	
10-15-2021																
	FROSTED CORN FLAKES ^	100	0	0	0	0	180	24	1	8	1	150	5	150	6	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	
10-18-2021																
	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	
10-19-2021																
	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	
10-20-2021																
	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	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	
10-21-2021																
	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	
10-22-2021																
	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	
10-25-2021																
	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	
10-26-2021																
	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	
10-27-2021																
	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	
10-28-2021																
	EGG & CHEESE	210	8	4	0	132	300	24	2	2	12	0	0	134	2	MMA:1.75oz G/B:2sv WG

	ON ENGLISH MUFFIN ^															
	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	
10-29-2021																
	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	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	

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
10-01-2021									
	FRUITY CHEERIOS^								
	Strawberry Pancake Square ^		X					X	X
	Fresh Apple								
	Choice of Milk	X							
10-04-2021									
	CINNAMON CHEX^ Strawberry Square^ Blended Fruit Juice		X					X	X
	Craisins								
	Choice of Milk	X							
10-05-2021									
	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	X						X	X
	Pineapple Tidbits								
	Grape Juice								
	Grape Jelly								
	Choice of Milk	X							
10-06-2021									
	RICE KRISPIES ^								
	Honey Maid LIL Squares^								X
	Fresh Apple								
	Choice of Milk	X							
10-07-2021									
	PILLSBURY GRAPE CRESCENT ^	X							X
	Fresh Banana								
	Blended Fruit Juice								
	Choice of Milk	X							

10-08-2021									
	BLUEBERRY MINI MUFFIN ^	X	X					X	X
	Mozzarella Cheese Stick	X							
	Fresh Apple								
	Choice of Milk	X							
10-11-2021									
	COLUMBUS DAY								
10-12-2021									
	FROSTED MINI WHEATS^ Crispy Granola Bites^ Apple Juice	X						X	X
	Craisins								
	Choice of Milk	X							
10-13-2021									
	BANANA MINI MUFFIN ^	X	X					X	X
	Mozzarella Cheese Stick	X							
	Fresh Apple								
	Choice of Milk	X							
10-14-2021									
	CHICKEN BISCUIT ^	X						X	X
	Fresh Banana								
	Grape Juice								
	Honey								
	Choice of Milk	X							
10-15-2021									
	FROSTED CORN FLAKES ^								X
	Vanilla Waffle Square ^		X					X	X
	Fresh Apple								
	Choice of Milk	X							
10-18-2021									
	CINNAMON CHEX^ Strawberry Square^ Blended Fruit Juice		X					X	X
	Craisins								
	Choice of Milk	X							

	TRIX ^								
	Maple Breakfast Square ^		X					X	X
	Fresh Apple								
	Choice of Milk	X							
10-28-2021									
	EGG & CHEESE ON ENGLISH MUFFIN ^	X	X					X	X
	Fresh Banana								
	Blended Fruit Juice								
	Grape Jelly								
	Choice of Milk	X							
10-29-2021									
	CHERRY BREAKFAST BAR ^							X	X
	Mozzarella Cheese Stick	X							
	Fresh Apple								
	Choice of Milk	X							

OCTOBER

LUNCH



UNITY JUNIOR HIGH SCHOOL

L2SB - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
September 27, 2021	September 28, 2021	September 29, 2021	September 30, 2021	October 1, 2021
				NEW ITEM CHEESY MEATBALL MAC TURKEY & CHEESE ON A BUN^ Baked Beans Fresh Baby Carrots Ranch Dressing Fresh Banana Light Mayonnaise Choice of Milk
October 4, 2021	October 5, 2021	October 6, 2021	October 7, 2021	October 8, 2021
GALAXY CHEESE PIZZA ^ Broccoli Diced Pears Choice of Milk	CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Mixed Vegetables Orange Juice BBQ Sauce Choice of Milk	TOASTED CHEESE FLATBREAD SANDWICH Potato Wedges Diced Peaches Ketchup Choice of Milk	CHEESEBURGER Hamburger Bun ^ Baked Beans SunSet Sip Juice Sliced Apples Mustard Ketchup Choice of Milk	TURKEY & CHEESE ON A BUN^ Country Blend Vegetables Fresh Banana Light Mayonnaise Choice of Milk
October 11, 2021	October 12, 2021	October 13, 2021	October 14, 2021	October 15, 2021
COLUMBUS DAY	PIZZA DIPPERS ^ Marinara Dipping Sauce SunSet Sip Juice Applesauce Choice of Milk	HERO SANDWICH ^ Tropical Veggie Juice Orange Juice Mustard Choice of Milk	HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Baked Beans Orange Juice Mustard Ketchup Choice of Milk	GENERAL TSO'S CHICKEN & NOODLES ^ Mixed Vegetables Diced Peaches Choice of Milk
October 18, 2021	October 19, 2021	October 20, 2021	October 21, 2021	October 22, 2021
MAC & CHEESE ^ Country Blend Vegetables Diced Pears Choice of Milk	ITALIAN CHICKEN PARMESAN ^ Hamburger Bun ^ Potato Wedges Diced Peaches BBQ Sauce Choice of Milk Ketchup	*GLOBAL BITES* MOROCCAN MEATBALLS W/PEARL COUSCOUS Broccoli Fresh Banana Vanilla Cookie ^ Choice of Milk	CHEESY TACO MEAT Tortilla Rounds ^ Salsa Cup Corn Sliced Apples Choice of Milk	CHARBROILED HAMBURGER Hamburger Bun ^ Baked Beans SunSet Sip Juice Fresh Banana Mustard Ketchup Choice of Milk
October 25, 2021	October 26, 2021	October 27, 2021	October 28, 2021	October 29, 2021
PIZZA DIPPERS ^ Marinara Dipping Sauce Tropical Veggie Juice Applesauce Choice of Milk	BBQ CHICKEN TATER TOT-CHOS Tortilla Rounds ^ Orange Juice Choice of Milk	HOMESTYLE SALISBURY STEAK W/GRAVY Hamburger Bun ^ Mashed Potatoes SunSet Sip Juice Fresh Banana Choice of Milk	CHICKEN NUGGETS ^ Broccoli Diced Peaches Vanilla Cookie ^ BBQ Sauce Choice of Milk	MEATBALL SUB Hot Dog Bun ^ Baked Beans Diced Pears 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



The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all program and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.nscs.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866)632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington D.C. 20250-9410, by fax (202)690-7442 or email program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339 or (800)845-6136 (Spanish). USDA is an equal opportunity provider and employer.

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
10-01-2021																
	NEW ITEM	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	CHEESY MEATBALL MAC	338	17	9	0	58	687	31	3	6	15	1	0	248	2	MMA:2oz G/B:1sv 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
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF
	Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1528	1	12	0	V:1/4c RO BW-PLANT
	Ranch Dressing	15	1	0	0	0	85	0	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
	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	
10-04-2021																
	GALAXY CHEESE PIZZA ^	280	12	6	0	30	440	29	3	9	15	90	0	250	2	MMA:2oz G/B:2sv WG V:1/8c RO
	Broccoli	37	0	0	0	0	34	7	4	2	4	74	80	80	1	V:3/4c DG 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	
10-05-2021																
	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	0	15	0	14	0	0	30	20	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	
10-06-2021																
	TOASTED CHEESE FLATBREAD SANDWICH	528	22	11	0	56	818	56	4	2	26	135	0	630	3	MMA:2.25oz G/B:4.5sv 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
	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	
10-07-2021																
	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
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF
	SunSet Sip Juice	45	0	0	0	0	35	11	0	10	0	500	70	10	0	V:1/2c RO
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	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	
10-08-2021																
	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	68	0	0	0	0	33	15	3	4	2	396	8	34	1	V:1/4c S V:1/2c O BW-PLANT
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	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	
10-11-2021																
	COLUMBUS DAY	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
10-12-2021																
	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	328	10	2	4	2	16	0	27	0	V:1/2c RO BW-PLANT
	SunSet Sip Juice	45	0	0	0	0	35	11	0	10	0	500	70	10	0	V:1/2c RO
	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	
10-13-2021																
	HERO SANDWICH ^	325	16	6	0	45	470	31	3	2	16	0	1	130	2	MMA:2oz G/B:2sv WG
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	750	60	0	0	V:3/4c O BW-PLANT
	Orange Juice	60	0	0	0	0	0	15	0	14	0	0	30	20	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	
10-14-2021																
	HOT DOG W/ POTATO ROUNDS	176	12	4	0	25	543	10	1	1	5	0	0	0	1	MMA:1.5oz V:1/4c S
	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

	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S BW-PLANT
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
10-22-2021																
	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
	SunSet Sip Juice	45	0	0	0	0	35	11	0	10	0	500	70	10	0	V:1/2c RO
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	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	
10-25-2021																
	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	328	10	2	4	2	16	0	27	0	V:1/2c RO BW-PLANT
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	750	60	0	0	V:3/4c 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	
10-26-2021																
	BBQ CHICKEN TATER TOT-CHOS	346	13	4	0	46	702	36	3	12	21	1	2	120	1	MMA:2oz V:1/4c RO V:1/2c S
	Tortilla Rounds ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv 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	
10-27-2021																
	HOMESTYLE SALISBURY STEAK W/GRAVY	212	14	6	0	45	402	7	2	1	16	9	2	37	2	MMA:2.5oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Mashed Potatoes	123	5	1	0	1	304	17	1	1	3	0	58	45	0	V:1/2c S BW-PLANT
	SunSet Sip Juice	45	0	0	0	0	35	11	0	10	0	500	70	10	0	V:1/2c RO
	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	
10-28-2021																
	CHICKEN NUGGETS ^	225	12	2	0	44	475	12	1	0	16	38	0	0	0	MMA:2oz G/B:1sv WG
	Broccoli	37	0	0	0	0	34	7	4	2	4	74	80	80	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

	Vanilla Cookie ^	130	5	1	0	0	45	20	1	6	2	0	0	0	0	G/B:1sv WG
	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	
10-29-2021																
	MEATBALL SUB	235	12	4	0	35	508	15	3	5	14	46	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
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF
	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	

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
10-01-2021									
	NEW ITEM								
	CHEESY MEATBALL MAC	X	X					X	X
	TURKEY & CHEESE ON A BUN^	X						X	X
	Baked Beans								
	Fresh Baby Carrots								
	Ranch Dressing	X	X					X	
	Fresh Banana								
	Light Mayonnaise		X					X	
	Choice of Milk	X							
10-04-2021									
	GALAXY CHEESE PIZZA ^	X						X	X
	Broccoli								
	Diced Pears								
	Choice of Milk	X							
10-05-2021									
	CRISPY CHICKEN PATTY ^							X	X
	Hamburger Bun ^	X						X	X
	Mixed Vegetables								
	Orange Juice								
	BBQ Sauce							X	
	Choice of Milk	X							
10-06-2021									
	TOASTED CHEESE FLATBREAD SANDWICH	X							X
	Potato Wedges							X	
	Diced Peaches								

	Ketchup								
	Choice of Milk	X							
10-07-2021									
	CHEESEBURGER	X						X	
	Hamburger Bun ^	X						X	X
	Baked Beans								
	SunSet Sip Juice								
	Sliced Apples								
	Mustard								
	Ketchup								
	Choice of Milk	X							
	10-08-2021								
TURKEY & CHEESE ON A BUN^		X						X	X
Country Blend Vegetables									
Fresh Banana									
Light Mayonnaise			X					X	
Choice of Milk		X							
10-11-2021									
	COLUMBUS DAY								
10-12-2021									
	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X						X	
	SunSet Sip Juice								
	Applesauce								
	Choice of Milk	X							
10-13-2021									
	HERO SANDWICH ^	X						X	X
	Tropical Veggie Juice								
	Orange Juice								
	Mustard								
	Choice of Milk	X							
14-									

	HOT DOG W/ POTATO ROUNDS						X	
	Hot Dog Bun ^	X					X	X
	Baked Beans							
	Orange Juice							
	Mustard							
	Ketchup							
	Choice of Milk	X						
10-15-2021								
	GENERAL TSO'S CHICKEN & NOODLES ^	X	X				X	X
	Mixed Vegetables							
	Diced Peaches							
	Choice of Milk	X						
10-18-2021								
	MAC & CHEESE ^	X					X	X
	Country Blend Vegetables							
	Diced Pears							
	Choice of Milk	X						
10-19-2021								
	ITALIAN CHICKEN PARMESAN ^	X					X	X
	Hamburger Bun ^	X					X	X
	Potato Wedges						X	
	Diced Peaches							
	BBQ Sauce						X	
	Choice of Milk	X						
	Ketchup							
10-20-2021								
	GLOBAL BITES							
	MOROCCAN MEATBALLS W/PEARL COUSCOUS	X	X				X	X
	Broccoli							
	Fresh Banana							
	Vanilla Cookie ^						X	X
	Choice of Milk	X						

10-21-2021									
	CHEESY TACO MEAT	X						X	
	Tortilla Rounds ^								
	Salsa Cup								
	Corn								
	Sliced Apples								
	Choice of Milk	X							
10-22-2021									
	CHARBROILED HAMBURGER							X	
	Hamburger Bun ^	X						X	X
	Baked Beans								
	SunSet Sip Juice								
	Fresh Banana								
	Mustard								
	Ketchup								
	Choice of Milk	X							
10-25-2021									
	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X						X	
	Tropical Veggie Juice								
	Applesauce								
	Choice of Milk	X							
10-26-2021									
	BBQ CHICKEN TATER TOT-CHOS	X						X	
	Tortilla Rounds ^								
	Orange Juice								
	Choice of Milk	X							
10-27-2021									
	HOMESTYLE SALISBURY STEAK W/GRAVY	X						X	X
	Hamburger Bun ^	X						X	X
	Mashed Potatoes	X						X	
	SunSet Sip Juice								

	Fresh Banana								
	Choice of Milk	X							
10-28-2021									
	CHICKEN NUGGETS ^							X	X
	Broccoli								
	Diced Peaches								
	Vanilla Cookie ^							X	X
	BBQ Sauce							X	
	Choice of Milk	X							
10-29-2021									
	MEATBALL SUB	X	X					X	X
	Hot Dog Bun ^	X						X	X
	Baked Beans								
	Diced Pears								
	Choice of Milk	X							