



UNALASKA CITY SCHOOL AUG/SEP 2018 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
 Whole Grain Pancakes Fresh Apple Orange Juice	August 21 Rice Krispies Chocolate Chip Muffin Orange Wedges	Sausage Breakfast Pizza Pineapple Pieces Orange Juice	Scrambled Eggs Whole Grain Biscuit Mandarin Oranges	Blueberry Muffin Mixed Fruit Orange Juice
27 Whole Grain Pancakes Fresh Apple Orange Juice	28 Malt-O-Meal Whole Grain English Muffin Mixed Fruit	29 Scrambled Eggs Whole Grain Bread Sticks Orange Wedges	30 Whole Grain Waffles Mixed Fruit	31 Whole Grain Bagel w/ Cream Cheese Cranberry Pouch
September 3 NO SCHOOL  Labor Day	4 Sausage Breakfast Pizza Fresh Apple Orange Juice	5 Cheese Toast Sliced Peaches	6 Boiled Egg English Muffin Mixed Fruit	7 Breakfast Pita Diced Pears Orange Wedges
10 Breakfast Wrap Applesauce Cup	11 Bacon Breakfast Pizza Mixed Fruit Orange Juice	12 Breakfast Rice Bowl Diced Pears	13 Honey Nut Cheerios Whole Grain English Muffin Mixed Fruit	14 Blueberry Yogurt Parfait Bread Sticks
17 Oatmeal Whole Grain Biscuit Grapes Orange Juice	18 Whole Grain Pancakes Orange Wedges	19 Scrambled Eggs English Muffin Fresh Apple Orange Juice	20 Cream- of- Wheat Bread Sticks Applesauce Cup	21 French Toast Sticks Pineapple Pieces
24 Whole Grain Waffles Diced Pears Orange Juice	25 Boiled Egg Whole Grain Biscuit Mixed Fruit Orange Juice	26 Malt-O-Meal English Muffin Cantaloupe Wedges	27 Breakfast Taco Strawberry Cup Orange Juice	28 Sausage Breakfast Pizza Pineapple Pieces Orange Juice

Daily Milk Offerings: 1/2 Pint of 1% White or Fat-Free Chocolate
 All Grain Products are at least 51% Whole Grain

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