

Breakfast Menu- Unity West Elementary

	Calories	Fat	Carbs	protein
Cookie Crisp Cereal	80	1gm	19	1gm
Honey Nut Cherrios	110	1.5gm	22	3gm
Honey Smack Cereal	90	0	22	2gm
Golden Grahams	110	1gm	23	1gm
Coco Krispies	130	1gm	28	1gm
Frosted Flakes	100	0	25	1gm
Cinnamon Toast Crunch	130	.5gm	24	1gm
Egg and Sausage patty	200	16gn	3	9gm
Egg Omelet	91	6gm	3.2	7gm
Breakfast Pizza	227	11.2gm	22.5	9.4gm
Biscuit (1)	180	6gm	28	4gm
Country Gravy	25	1.5gm	3	0
Sausage Paty	95	6.6gm	.5	7.9gm
Belgian Waffle	70.7	1gm	14	1.6gm
French Toast Stix	170	3.5gm	27	7gm
Orange Mini Muffins	190	9gm	27	2gm
Syrup (2Tbsp)	104	0	26	0
Apple Juice Cup	60	0	14	0

Lunch Menu- Unity West Elementary

	Calories	Carbs	Fat	Protien
Applesauce	90	23	0	0
Apricot Halves	90	21	0	0
Banana	120	32	1g	1g
Mandarin Oranges	70	70	0	1g
Mixed Fruit	80	18	0	1g
Peach Slices	70	17	0	1g
Pear Halves	80	20	0	0
Pineapple Tidbits	60	15	0	0
Bread Stick	111	19	2.8g	2.6g
Brown Gravy	20	4	0	0
Peas	60	10	.5g	4g
Carrots	15	4	0	0
Cheese Cubes	110	.5	9g	7g
Cheese Squares	110	1	9g	7g
Cheese Pizza	310	34	12g	18g
Cheese Cup	130	4	9g	8g
String Cheese	50	.5	6g	7g
Cheese Slice	110	1g	9g	5g
Chicken Gravy	15	3	1g	0
Chicken Noodle Soup	70	10	2g	3g
Chicken Patty	210	12	12g	14g
Green Beans	20	4	0	0
Corn	80	16	1g	2g
Mashed Potatoes	60	13	0	1g
Tri-tators	140	17	7	1g
Oven Fries	120	21	3g	2g
Corn Chips	160	16	10g	2g
Nacho Chips	140	19	6g	2g
Graham Crackers	60	10	1.5g	0
Rice Crispy Treat	180	34	4.5g	

