



UNITY SCHOOL

Dear parents, new and returning students,

Welcome back!! We are looking forward to having another great year!

Each day lunch is offered in the cafeteria which consists of a choice of one entrée or a salad bar meal. Lunch includes the appropriate side dishes, dessert and a beverage. A salad bar meal is offered every day. The salad bar includes assorted lettuces and raw vegetables, a variety of meat, cheese, egg, beans, hot foods, fruit, breads, and other selections on a rotating basis. Pizza day is every Wednesday. A peanut butter, peanut butter and jelly, cheese sandwich, and a veggie burger meal are also available every day. Throughout the year special event menus will be offered.

The menus are planned so that they are not only child friendly, but also are nutritionally balanced. A variety of menu options will be offered throughout the year to encourage exposure to new foods and foods from other cultures. Food is prepared from scratch using healthy cooking techniques. Below is the menu for the beginning of the school year. It is located on the school's website throughout the year. Lunch is \$5.75. Plain water and 1% milk are the only beverages permitted for snack or lunch at Unity School. A choice of one of these beverages is offered with each purchased meal. **Juice and flavored waters are NOT permitted.** Those who would like an additional beverage with lunch or those who bring lunch from home can purchase a beverage for \$.65. A super-size meal (which is a larger sized entrée) is also available for an extra \$1.50. Lunches are billed on a monthly basis.

MONDAY 8/27	TUESDAY 8/28	WEDNESDAY 8/29	THURSDAY 8/30	FRIDAY 8/31
WELCOME BACK!!!	HAMBURGER	PAPA JOHN'S	CHICKEN SOFT TACO	SPAGHETTI WITH
CR.TOMATO SOUP	OR CHEESEBURGER	CHEESE PIZZA	LETTUCE & TOMATO	UNITY'S
GRILLED CHEESE	ON WHOLE WHEAT BUN	OR	REFRIED BEANS	HOMEMADE
SANDWICH	LETTUCE, TOMATO,&	PEPPERONI PIZZA	SEASONED RICE	MEATBALLS
SEASONED	PICKLE	VEGETABLE OF THE	SALSA & SOUR	FRESHLY BAKED
BROCCOLI	OVEN BROWNED	DAY	CREAM	ITALIAN BREAD
OR	POTATOES	RAW VEGETABLES	OR	SEASONED CARROTS
SALAD BAR	OR SALAD BAR		SALAD BAR	OR SALAD BAR
PINEAPPLE	PEACHES	FRESH FRUIT	VANILLA PUDDING	ASSORTED DESSERTS

*PBJ, PB, Cheese, or Veggie burger meal is available daily-please order.

Suggestions are always welcome. Please do not hesitate to contact me. Thank you for all of your continuous support and encouragement.
Sincerely,

Lori Robbins, M.S., R.D.

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