



unity meals

BRK 1

MONDAY

OCTOBER

BREAKFAST

*MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



All meals are served with
fruit and a choice of milk
*All grains are whole grains
* This institution is an
equal opportunity provider

1

*Fun and Fruity
Waffles

2

*Bagel Dots

5

Low-fat Yogurt
and Granola

6

Cinnamon
Crumble
Cake

7

Chocolate
Waffles

8

Pan Dulce
(Pink)

9

Mini Pancakes

12

Chocolate Chip
Muffin

13

Cereal Bar with
Graham crackers

14

Pancake
Bowl

15

Pan
Dulce (Pink)

16



19

Cereal Bar with
Graham crackers

20

Double
Chocolate Muffin

21

Pan Dulce
(Vanilla)

22

Fun and Fruity
Waffles

23

Breakfast
Quesadilla

26

Low-fat
Yogurt and
Granola

27

Mantecada
Muffin

28

Chocolate
Waffles

29

Cinnamon
Crumble Cake

30

Maple Beef
Sausage Breakfast
Sandwich