**Lunch Price:** 3.30

**FEBRUARY 2024** 

WW= Whole Wheat WG= Whole Grain

MON

WED

Each Student may choose:

- An Entrée/Protein (Platter 1 or Platter 2)
- Milk Choice (1% White or Fat Free Flavored)
- Fruit: Fresh, Canned, or 100% Juice
- Vegetable: Fresh or Cooked
- Grain: The entrée is on a WG or WW bun or Roll, or we include a breadstick or WG Goldfish Packet

## **AVAILABLE DAILY:**

Peanut Butter & Jelly Uncrustable, Apple Slices, Goldfish

Food Services is Hiring!!!

TUE

Earn while your children learn! We have openings! If you are interested, please go

https://www.upsd.org/ departments/human-resources/ employment-opportunities

and hit the "Apply Now" button to see what positions are available!

Welcome!

We are very excited to see and serve you again!

Please check our district website for more meal program information, menus, and Free/reduced application information:

https://www.upsd.org/ departments/food-service

**Fresh Local Apples Offered Daily From:** 

TH



What is included in the Reimbursable Lunch?

FRI

A lunch consists of five (5) items: A protein, fruit, vegetable, grain & milk. In order for it to be counted and charged as a lunch, the student may take all 5 selections (maximum), or Offer Vs. Serve

Offer vs. Serve: If students do not wish to take all 5 items, they may choose to take a minimum of 3 of the 5 selections (aka: Offer vs. Serve). If using the Offer vs. Serve option, then one of the three items chosen MUST be a fruit or vegetable.

PLEASE NOTE: If the above is not followed, it will not be considered a complete reimbursable lunch. The student will be charged a la carte pricing.

## Hello February

**NEW ITEM** 

Platter 1: WG Hot Open Face Turkey Sandwich on ww bread

Platter 2: www Oven Grilled Cheese w/Tomato Soup

> Accompaniments Hash Brown Peas 100% Juice Cup Peaches Choice of Milk

2

Platter 1: WG Baked Maxx Stix w/Marinara Dip Cup

Platter 2: **Beef Burger** (Reg. or w/Cheese) on a ww Bun

> Accompaniments Side Salad Corn **Pears** Choice of Milk

Platter 1: WG Mickey's

Pizza

Platter 2: Hot Dog on a ww Roll

Accompaniments Green Beans Baked Beans Applesauce Pudding Cup Choice of Milk

Platter 1: Tribe Bowl

(popcorn chicken, mashed potatoes, corn & gravy)

Platter 2: www Oven Grilled Cheese

> Accompaniments Tater Tots Mandarin Oranges Choice of Milk

7

Platter 1: WG Pasta & Meatballs w/Dinner Roll

Platter 2: Garden Fresh Salad w/dinner Roll

Accompaniments Deep Green Broccoli Sweet Carrots Pineapple Choice of Milk

8 Breakfast for Lunch!

Platter 1: WG Waffles w/side of sausage

Platter 2: Italian Hoagie on a ww Roll

> Accompaniments Hash Brown Peas 100% Juice Cup Peaches Choice of Milk

9

Platter 1: WG Chicken Nachos w/fixins

Platter 2: Beef Burger

(Reg. or w/Cheese) on a ww Bun

Accompaniments Side Salad Corn Pears Choice of Milk

## UPPER PERKIOMEN HIGH SCHOOL

Lunch Price: 3.30

FEBRUARY 2024

WW= Whole Wheat WG= Whole Grain

**MON** 

TUE

TH

FRI

12

Platter 1: **WG Personal Pizza**w/bag of pretzel goldfish

Platter 2: Hot Dog on a ww Roll

Accompaniments
Green Beans Baked Beans
Applesauce Pudding Cup
Choice of Milk

| 13

Platter 1: **Baked WG**Popcorn Chicken

w/ww Dinner Roll

or

Platter 2: www Oven **Grilled**Cheese

Accompaniments
Oven Fries Corn
Mandarin Oranges
Choice of Milk

14 Happy Valentines Day!

WED

Platter 1: **WG Mac N**Cheese

Platter 2: Garden Fresh
Salad w/dinner Roll

Accompaniments
Deep Green Broccoli
Pineapple Jello Treat!
Choice of Milk

15 Breakfast for Lunch!

Platter 1: WG Baked French
Toast w/side of sausage
or

Platter 2: WW Oven
Grilled Cheese

Accompaniments
Hash Browns Tomato Soup
100% Juice Cup
Choice of Milk

| 16 | No School Today | (In Service Day)



19

No School Today (Presidents Day)



20

Platter 1: Baked WG Chicken Sandwich (reg or spicy) on a ww Roll

Platter 2: WW Oven Grilled
Cheese

Accompaniments
Tater Tots Sweet Carrots
Mandarin Oranges
Choice of Milk

21 NEW ITEM

Platter 1: **Rodeo Burger**(Burger w/Cheddar, BBQ, & Onion Ring)
or

Platter 2: Garden Fresh
Salad w/dinner Roll

Accompaniments
Deep Green Broccoli
Pineapple
Choice of Milk

22

Platter 1: **WG Pancakes**w/side of sausage

Platter 2: Hot Ham & Cheese on a ww Pretzel Bun

Accompaniments
Hash Brown Peas
100% Juice Cup Peaches
Choice of Milk

23

Platter 1: WG Baked Mozzarella
Stix w/Marinara Dip Cup
or

Platter 2: **Beef Burger** (Reg. or w/Cheese) on a ww Bun

Accompaniments
Side Salad Corn
Pears
Choice of Milk

26

Platter 1: WG Stuffed Crust Pizza

Platter 2: Hot Dog on a ww Roll

Accompaniments
Green Beans Baked Beans
Applesauce
Pudding Cup
Choice of Milk

27 NEW ITEM

Platter 1: Baked WG Chicken Bacon Ranch Sandwich w/lettuce & tomato on a ww Roll or

Platter 2: **WW Oven Grilled**Cheese

Accompaniments
Oven Fries
Mandarin Oranges
Choice of Milk

28

Platter 1: General Tso's

Chicken w/wg rice

or

Platter 2: **Garden Fresh Salad w/dinner Roll** 

Accompaniments
Deep Green Broccoli
Sweet Carrots Pineapple
Choice of Milk

29

Platter 1: WG BBQ Pulled Pork Melt Sandwich or Platter 2: ww Oven Grilled

Cheese w/Vegetable Soup

Accompaniments
Peas Oven Fries
Peaches
Choice of Milk

March 1

Platter 1: WG Baked Maxx Stix

w/Marinara Dip Cup

or

Platter 2: **Beef Burger** (Reg. or w/Cheese) on a ww Bun

Accompaniments
Side Salad Corn
Pears
Choice of Milk

## **UPPER PERKIOMEN HIGH SCHOOL**