

Lunch Price:
\$3.05

FEBRUARY 2024

WW= Whole Wheat
WG= Whole Grain

MON

TUE

WED

TH

FRI

Each Student may choose:

- ◆ An Entrée/Protein (Platter 1 or Platter 2) PBJ also offered daily!
- ◆ 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

Food Services is Hiring!!!

Earn while your children learn!

We have openings!
If you are interested,
please go to :
<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>

What is included in the Reimbursable Lunch?

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.

Fresh Local Apples
Offered Daily From:



Hello February

1

Platter 1: **Hot Meatball Sub** on a ww Bun
or
Platter 2: **WW Oven Grilled Cheese**

Accompaniments
Broccoli
Pineapple
Choice of Milk

2

Platter 1: **Hot Pulled Pork Sandwich** on a ww Bun
or
Platter 2: **Fresh Garden Salad** w Egg & ww Dinner Roll

Accompaniments
Vegetable Soup
Apple Slices
Choice of Milk

5 Breakfast for Lunch!

Platter 1: **ww Pancakes** w/side of sausage
or
Platter 2: **Chicken Cheesesteak** on a ww Roll

Accompaniments
Smile Fries
Sweet Carrots
Choice of Milk

6

Platter 1: Baked wg **Chicken Patty*** on a ww Bun (*Regular or Spicy)
or
Platter 2: **WW Oven Grilled Cheese**

Accompaniments
Tomato Soup
Pear Cup
Choice of Milk

7 Pizza Extravaganza!

Platter 1: **Beef Burger** (Reg. or w/Cheese) on a ww Bun
or
Platter 2: **Cheese, Pepperoni, or Chicken Bacon Ranch Pizza** w/a WW crust

Accompaniments
Baked Beans
Peaches
Choice of Milk

8

New Wrap!

Platter 1: **WG Taco** w/fixins
or
Platter 2: **WW Buffalo Chicken Wrap**
or
Platter 3: **ww Grilled Cheese**

Accompaniments
Corn
Mandarin Oranges
Choice of Milk

9

Platter 1: **ww Pasta** w/Marinara Sauce ww breadstick, & cheese cup
or
Platter 2: **Fresh Garden Salad** w Egg & ww Dinner Roll

Accompaniments
Broccoli
Apple Slices
Choice of Milk

UPPER PERKIOMEN MIDDLE SCHOOL

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12 Breakfast for Lunch!

Platter 1: **ww French Toast** w/side of sausage
or
Platter 2: **Hot Dog** on a **ww Roll**

Accompaniments
Hash Brown Baked Beans
100% Juice Cup
Choice of Milk

13

Platter 1: **General Tso's Chicken** w/wg Rice
or
Platter 2: **Sweet & Sour Chicken** w/wg Rice
or
Platter 3: **WW Oven Grilled Cheese**
Accompaniments
Broccoli Mandarin Oranges
Choice of Milk

14 Happy Valentines Day!

Platter 1: **WG Mac N Cheese** w/BBQ Pulled Pork Slider
or
Platter 2: **Fresh Garden Salad** w/Egg & ww Dinner Roll
Accompaniments
Green Beans
Applesauce Jello Treat
Choice of Milk

15

Platter 1: **Turkey, Bacon & Cheese** on a ww Pretzel Bun
or
Platter 2: **WW Oven Grilled Cheese**
Accompaniments
Oven Fries Vegetable Soup
Peaches
Choice of Milk

16

No School
(In service Day)



19

No School
(Presidents Day)



20

Platter 1: **Baked wg Chicken Patty*** on a ww Bun (*Regular or Spicy)
or
Platter 2: **WW Oven Grilled Cheese**
Accompaniments
Tomato Soup Oven Fries
Pear Cup
Choice of Milk

21

Platter 1: **Hot Dog** on a ww Roll
or
Platter 2: **Cheese, Pepperoni, or Buffalo Chicken Ranch Pizza** w/a WW crust
Accompaniments
Baked Beans Peaches
Choice of Milk

22

Platter 1: **wg Walking Taco** w/fixins
or
Platter 2: **Southwest Chicken Wrap** on ww wrap
or
Platter 3: **WG Fish Sticks**
Accompaniments
Corn Pineapple
Choice of Milk

23

Platter 1: **Hot Ham & Cheese** on a ww Pretzel Bun
or
Platter 2: **Fresh Garden Salad** w Egg & ww Dinner Roll
Accompaniments
Broccoli
Apple Slices
Choice of Milk

26 Breakfast for Lunch!

Platter 1: **Egg & Cheese Omelet** w/side of sausage
or
Platter 2: **Hot Dog** on a **ww Roll**

Accompaniments
Baked Beans
Smile Fries
100% Juice Cup
Choice of Milk

27

Platter 1: **Baked WG Chicken Nuggets** w/wg Dinner Roll
or
Platter 2: **Fresh Garden Salad** w Egg & ww Dinner Roll
Accompaniments
Mashed Potatoes Sweet Corn
Mandarin Oranges
Choice of Milk

28

Platter 1: **BBQ Pulled Pork** on a ww Bun
or
Platter 2: **Baked WG Mozzarella Sticks** w/Marinara Dip Sauce
Accompaniments
Broccoli
Applesauce
Choice of Milk

29

Platter 1: **Grilled Chicken, Bacon & Ranch Panini** (w/optional lettuce/tomato)
or
Platter 2: **WW Oven Grilled Cheese**
Accompaniments
Vegetable Soup
Pears
Choice of Milk

March 1

Platter 1: **wg Lasagna** w/ww Breadstick
or
Platter 2: **Fresh Garden Salad** w Egg & ww Dinner Roll
Accompaniments
Sweet Carrots
Apple Slices
Choice of Milk