Lunch Price: \$3.05

FEBRUARY 2024

WW= Whole Wheat WG= Whole Grain

FRI

MON

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!!!

TUE

Earn while your children learn!

We have openings! If you are interested, please go to: https://www.upsd.org/ departments/humanresources/employmentopportunities and hit the "Apply Now" button to see what positions are available!

Welcome!

WED

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?

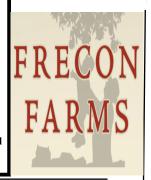
TH

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

Platter 1: Hot Meatball

Sub on a ww Bun

Platter 2: WW Oven **Grilled Cheese**

> Accompaniments Broccoli Pineapple Choice of Milk

2

Platter 1: Hot Pulled Pork Sandwich on a ww Bun

Platter 2: Fresh Garden Salad w Egg & ww Dinner Roll

> Accompaniments Vegetable Soup Apple Slices Choice of Milk

Breakfast for Lunch!

Platter 1: ww Pancakes w/side of sausage

Platter 2: Chicken

Cheesesteak on a ww Roll

Accompaniments Smile Fries **Sweet Carrots** Choice of Milk

Platter 1: Baked wg Chicken Patty* on a ww Bun (*Regular or Spicy)

Platter 2: www 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

Platter 2: Cheese, Pepperoni, or Chicken Bacon Ranch

> Accompaniments Baked Beans Peaches Choice of Milk

Pizza w/a WW crust

New Wrap!

Platter 1: WG Taco

w/fixins

Platter 2: WW Buffalo Chicken Wrap

Platter 3: www Grilled Cheese

Accompaniments Corn Mandarin Oranges Choice of Milk

Platter 1: ww Pasta w/Marinara Sauce ww breadstick, & cheese cup

Platter 2: Fresh Garden Salad w Egg & ww Dinner Roll

> Accompaniments Broccoli Apple Slices Choice of Milk

UPPER PERKIOMEN MIDDLE SCHOOL

Lunch Price: \$3.05

FEBRUARY 2024

WW= Whole Wheat WG= Whole Grain

MON

TUE

TH

FRI

Breakfast for Lunch!

Platter 1: ww French Toast w/side of sausage

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

Platter 2: Sweet & Sour Chicken w/wg Rice

Platter 3: WW Oven Grilled Cheese

> Accompaniments Broccoli Mandarin Oranges Choice of Milk

14 Happy Valentines Day!

WED

Platter 1: WG Mac N Cheese w/BBQ Pulled Pork Slider

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

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)

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

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

Platter 2: Southwest Chicken Wrap on ww wrap

Platter 3: WG Fish Sticks

Accompaniments Corn Pineapple Choice of Milk

23

Platter 1: Hot Ham & Cheese on a ww Pretzel Bun

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

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

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)

Platter 2: WW Oven **Grilled Cheese**

> Accompaniments Vegetable Soup Pears Choice of Milk

March 1

Platter 1: wg Lasagna w/ww Breadstick

Platter 2: Fresh Garden Salad w Egg & ww Dinner Roll

> Accompaniments Sweet Carrots **Apple Slices** Choice of Milk