

Lunch Price:
\$3.05

JANUARY 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:



1

Happy New Year!
No School Today
Welcome to 2024



2

Platter 1: Baked WG
Chicken Nuggets
w/wg Dinner Roll
or
Platter 2: WW Oven
Grilled Cheese
Accompaniments
Mashed Potatoes
Sweet Carrots
Mandarin Oranges
Choice of Milk

3

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

4

Platter 1: WG Taco
w/fixins
or
Platter 2: WW Southwestern
Chicken Wrap
or
Platter 3: WW Grilled Cheese
Accompaniments
Corn Peaches
Choice of Milk

5

Platter 1: Beef Burger
(Reg. or w/Cheese)
on a ww Bun
or
Platter 2: Fresh Garden Salad
w Egg & ww Dinner Roll
Accompaniments
Oven Fries Green Beans
Apple Slices
Choice of Milk

8 Breakfast for Lunch!

Platter 1: ww Pancakes
w/side of sausage
or
Platter 2: Chicken
Cheesesteak on a ww Roll
Accompaniments
Smile Fries
100% Juice Cup
Choice of Milk

9

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

10

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

11

Platter 1: Hot Turkey,
Bacon & Cheese on a
ww Pretzel on a ww Bun
or
Platter 2: WW Oven Grilled
Cheese
Accompaniments
Oven Fries
Broccoli Pineapple
Choice of Milk

12

Platter 1: ww Pasta
w/Marinara Sauce, Cheese
& ww breadstick
or
Platter 2: Fresh Garden Salad
w Egg & ww Dinner Roll
Accompaniments
Green Beans
Apple Slices
Choice of Milk

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15

No School Today!
Martin Luther King Day



16

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

17

Platter 1: **wg Lasagna**
w/wg Breadstick

or

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

Accompaniments

Sweet Carrots
Applesauce
Choice of Milk

18

Platter 1: **Oven Roast**
Chicken w/ww dinner roll

or

Platter 2: **WW Oven**
Grilled Cheese

Accompaniments

Mashed Potatoes Corn
Peaches
Choice of Milk

19

NEW ITEM!

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

or

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

Accompaniments

Vegetable Soup
Apple Slices
Choice of Milk

22 Breakfast for Lunch!

Platter 1: **wg Waffles**
w/side of sausage

or

Platter 2: **WW Oven**
Grilled Cheese

Accompaniments

Hash Brown Potato
Tomato Soup
100% Juice Cup
Choice of Milk

23

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

or

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

Accompaniments

Broccoli
Pear Cup
Choice of Milk

24 NEW ITEM

Platter 1: **Hot Dog on a**
ww Roll

or

Platter 2: **Pepperoni or**
Cheese Pizza w/a WW crust

or

Platter 2: **Chicken Bacon**
& Ranch Wrap (ww)

Accompaniments

Baked Beans Peaches
Choice of Milk

25

Platter 1: **wg Walking**
Taco w/fixins

or

Platter 2: **WW Oven**
Grilled Cheese

Accompaniments

Corn
Pineapple
Choice of Milk

26

No Lunch Today

(3 hour early dismissal)

But we are serving breakfast, so
please join us for that!



29 Breakfast for Lunch!

Platter 1: **Egg & Cheese**
Omelet w/side of sausage

or

Platter 2: **Hot Dog**
on a ww Roll

Accompaniments

Hash Brown Baked Beans
100% Juice Cup
Choice of Milk

30

Platter 1: **Baked WG**
Chicken Nuggets
w/wg Dinner Roll

or

Platter 2: **WW Oven**
Grilled Cheese

Accompaniments

Mashed Potatoes
Sweet Carrots
Mandarin Oranges
Choice of Milk

31

Platter 1: **Hot Turkey,**
Bacon & Cheese on a ww
Pretzel Bun

or

Platter 2: **Baked WG**
Mozzarella Sticks
w/Marinara Dip Sauce

Accompaniments

Peas Applesauce
Choice of Milk

February 1

Platter 1: **Hot Meatball**
Sub on a ww Bun

or

Platter 2: **WW Oven**
Grilled Cheese

Accompaniments

Broccoli
Pineapple
Choice of Milk

February 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