

All Lunches are
Free of Charge

JUNE 6-10, 2022

WW= Whole Wheat
WG= Whole Grain

MON

TUE

WED

TH

FRI

Each Student may choose:

- ◆ An Entrée/Protein (Platter 1 or Platter 2)
- ◆ Milk Choice (1% White & or Fat Free White & Fat Free Chocolate. Fat Free Strawberry as available)
- ◆ 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

Welcome!

We are very excited to see you and serve you again!

Currently, all breakfasts & lunches are FREE OF CHARGE!

The only thing there would be a charge for is if a student does not take a complete meal (see: Offer vs. Serve info in the box to the right) or would like extras or snacks

We will be posting our menus in 2 week increments.

Please check our district website for more meal program information:

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

What is included in the Free 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, and it will not be free. The student will be charged a la carte pricing.

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Platter 1: **WG Macaroni & Cheese** w/wg dinner roll
or

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

Accompaniments

Assorted Hot Veggies
Assorted Cool Fruits
Choice of Milk

7 Last day of Lunch!

Platter 1: **Spicy Chicken Sandwich** on a ww Roll
or

Platter 2: **WW Oven Grilled Cheese**

Accompaniments

Assorted Hot Veggies
Assorted Cool Fruits
Choice of Milk

Summer Meals Locator!

Summer Meal Programs help close the nutrition gap children face when schools let out for summer — when children no longer receive school meals they relied on throughout the school year.

Please use this information about the availability and location of free meals for students over the summer months through the Summer Food Service Program. All meals are completely free for ALL kids 18 and under. For the tool to look up site locations (using zip code), days and times, as well as the USDA National Hunger Hotline number, please visit the following website:

www.fns.usda.gov/summerfoodrocks

(note, this replaces the whyhunger.org website)

Congratulations to the graduating Class of 2022!

We are SO PROUD of you!!

Food Services wishes each of you an enjoyable & safe summer break!

For our returning students, we look forward to seeing & serving you in the Fall!

Grab-and-Go Summer Meals - Located within the Upper Perkiomen SD Community

The Open Link is once again offering free Grab-and-Go meals for ALL kids 18 and under. Each child will receive 2 free breakfast and 2 free lunch meals. Beginning on June 13th through August 19th, the meals will be offered on various days and times at 5 different locations. Drive-thru or walk up services are available. For locations and times please visit the following website:

[https://www.upsd.org/uploaded/Open link Summer Meals 2022 \(010\).pdf](https://www.upsd.org/uploaded/Open link Summer Meals 2022 (010).pdf)