Lunch Price: \$3.05

MARCH 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/humanresources/employmentopportunities 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

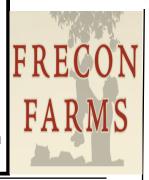
What is included in the **Reimbursable Lunch?**

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:



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

4 Breakfast for Lunch!

Platter 1: ww Pancakes w/side of sausage

Platter 2: Chicken Cheesesteak on a ww Roll

Accompaniments Smile Fries Sweet Carrots

100% Juice Cup Choice of Milk

5

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

Platter 2: www Oven Grilled Cheese

Accompaniments

Tomato Soup Broccoli Peaches Cup Choice of Milk

6 Pizza Extravaganza!

Platter 1: **Beef Burger** (Reg. or w/Cheese) on a ww Bun

Platter 2: Cheese, Pepperoni, or BBQ Chicken Pizza w/a WW crust

> Accompaniments Baked Beans Pineapple Choice of Milk

Platter 1: WG Taco

w/fixins

Platter 2: WW Chicken Bacon Ranch Wrap

Platter 3: www Grilled Cheese

Accompaniments Corn Pears

Choice of Milk

Platter 1: Hot Meatball Sub on a ww Bun

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

> Accompaniments Vegetable Soup Green Beans Apple Slices Choice of Milk

UPPER PERKIOMEN MIDDLE SCHOOL

Lunch Price: \$3.05

MARCH 2024

WW= Whole Wheat WG= Whole Grain

MON

TUE

WED

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

12

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

13

Platter 1: WG Mac N

Cheese w/ww Dinner Roll

Platter 2: Fresh Garden Salad

w/Egg & ww Dinner Roll

Accompaniments Sweet Carrots **Applesauce** Choice of Milk 14 New Item!!

Platter 1: Chicken Fajita

Platter 2: WW Oven **Grilled Cheese**

> Accompaniments Oven Fries Corn Peaches Choice of Milk

15

No Lunch Today

(3 hour early dismissal)

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



Breakfast for Lunch!

Platter 1: ww Waffles w/side of sausage

Platter 2: WW Oven **Grilled Cheese**

> **Accompaniments** Tomato Soup Smile Fries 100% Juice Cup Choice of Milk

19

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

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

> Accompaniments Sweet Carrots Peaches Choice of Milk

20

Platter 1: Hot Dog on a ww Roll

Platter 2: Cheese.

Pepperoni, or Bacon Chicken Ranch Pizza w/a WW crust

Accompaniments Baked Beans Pineapple Choice of Milk

21

Platter 1: Wg Walking Taco w/fixins

Platter 2: ww Southwest Chicken Wrap

Platter 3: WG Oven Grilled Cheese

> Accompaniments Corn Pears Choice of Milk

22

Platter 1: ww Pasta w/marinara Sauce & Mozz cheese

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

> Accompaniments Broccoli Apple Slices Choice of Milk

25 Breakfast for Lunch!

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

Platter 2: Hot Dog on a ww Roll

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

26

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

Platter 2: WW Oven Grilled Cheese

Accompaniments Mashed Potatoes Sweet Corn Mandarin Oranges Choice of Milk

27 New Item!!

Platter 1: TOTCHOS! (Tater Tot Nachos!)

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

> Accompaniments **Baked Beans Applesauce** Choice of Milk

28

No School (Spring Break)



29

No School (Spring Break)

