| Lunch Price: $\$ 3.05$ |  |  |  | WW= Whole Wheat WG= Whole Grain |
| :---: | :---: | :---: | :---: | :---: |
| MON | TUE | WED | TH | FRI |
| Each Student may choose: <br> - An Entrée/Protein (Platter 1 or Platter 2) PBJ also offered daily! <br> - Milk Choice (1\% White or Fat Free Flavored) <br> - Fruit: Fresh, Canned, or 100\% Juice <br> - Vegetable: Fresh or Cooked <br> - 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!!! <br> Earn while your children learn! <br> We have openings! If you are interested, please go to : https://www.upsd.org/ departments/human-resources/employmentopportunities and hit the "Apply Now" button to see what positions are available! | Welcome! <br> We are very excited to see and serve you again! <br> Please check our district website for more meal program information, menus, and Free/reduced application information: <br> https://www.upsd.org/ departments/food-service | What is included in the Reimbursable Lunch? <br> 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 <br> 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. <br> 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. |  |
|  |  |  |  | March 1 <br> Platter 1: wg Lasagna w/ww Breadstick or <br> Platter 2: Fresh Garden Salad w Egg \& ww Dinner Roll <br> Accompaniments Sweet Carrots Apple Slices Choice of Milk |
| 4 Breakfast for Lunch! <br> Platter 1: WW Pancakes w/side of sausage or <br> Platter 2: Chicken <br> Cheesesteak on a ww Roll <br> Accompaniments <br> Smile Fries Sweet Carrots 100\% Juice Cup Choice of Milk | 5 <br> Platter 1: Baked wg Chicken <br> Patty* on a ww Bun <br> (*Regular or Spicy) <br> or <br> Platter 2: Ww Oven Grilled <br> Cheese <br> Accompaniments <br> Tomato Soup Broccoli <br> Peaches Cup <br> Choice of Milk | 6 Pizza Extravaganza! <br> Platter 1: Beef Burger <br> (Reg. or w/Cheese) on a ww Bun or <br> Platter 2: Cheese, Pepperoni, or BBQ Chicken Pizza w/a WW crust <br> Accompaniments Baked Beans Pineapple Choice of Milk | 7 <br> Platter 1: WG Taco <br> w/fixins <br> or <br> Platter 2: WNW Chicken <br> Bacon Ranch Wrap <br> or <br> Platter 3: ww Grilled Cheese <br> Accompaniments Corn <br> Pears <br> Choice of Milk | 8 <br> Platter 1:Hot Meatball Sub on a ww Bun or <br> Platter 2: Fresh Garden Salad w Egg \& ww Dinner Roll <br> Accompaniments Vegetable Soup Green Beans Apple Slices Choice of Milk |

UPPER PERKIOMEN MIDDLE SCHOOL


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