

All Lunches are
Free of Charge

MAY 23-JUNE 3, 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 Choices (1% White and/or Fat Free White and Fat Free Chocolate. Fat Free Strawberry as avail).
- ♦ 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!
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.

May 23

Platter 1: **Beef Burger**
(Reg. or w/Cheese)
on a ww Bun
or
Platter 2: **WW Peanut Butter & Jelly Uncrustable**

Accompaniments
Baby Carrots w/Dip
Oven Fries Applesauce
Choice of Milk

24

Platter 1: **Chicken Patty**
on a ww Bun
or
Platter 2: **ww Cheese Quesadilla**

Accompaniments
Broccoli
Peaches
Choice of Milk

25

Platter 1: **Cheese Pizza**
w/ww crust
or
Platter 2: **Hot Dog on a ww Roll**

Accompaniments
Baked Beans
Hot Veggie Mix Pineapple
Choice of Milk

26

Platter 1: **WG Tacos**
w/fixins
or
Platter 2: **WW Peanut Butter & Jelly Uncrustable**

Accompaniments
Corn
Fresh Oranges
Choice of Milk

27 Breakfast for Lunch!

Platter 1: **WG Waffles**
w/a side of Sausage
or
Platter 2: **Assorted WG Cereal & Cup of Yogurt**

Accompaniments
Hash Brown Potato
100% Juice Cup
Choice of Milk

May 30

Memorial Day
No School Today



31

Platter 1: **Baked WG Assorted Chicken** (nuggets, popcorn, etc)
or
Platter 2: **ww Cheese Quesadilla**

Accompaniments
Broccoli
Peaches
Choice of Milk

June 1

Platter 1: **Cheese Pizza**
w/ww crust
or
Platter 2: **Hot Dog on a ww Roll**

Accompaniments
Baked Beans
Hot Veggie Mix Pineapple
Choice of Milk

2

Platter 1: **Hot Pulled Pork**
on a ww Bun
or
Platter 2: **WW Peanut Butter & Jelly Uncrustable**

Accompaniments
Assorted Hot Veggies
Assorted Cool Fruits
Choice of Milk

3

Platter 1: **Scrambled Eggs**
w/a side of Waffles
or
Platter 2: **Assorted WG Cereal & Cup of Yogurt**

Accompaniments
Assorted Hot Veggies
Assorted Cool Fruits
Choice of Milk