

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 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

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

Breakfast for Lunch!

Platter 1: **WG Pancakes**
w/side of Sausage
or
Platter 2: **Hot Dog on a**
ww Roll

Accompaniments
Hash Brown 100% Juice Cup
Choice of Milk

24

Platter 1: **WG Chicken**
Patty on a ww Bun
or
Platter 2: **WW Oven Grilled**
Cheese w/side of Tomato Soup

Accompaniments
Carrots w/Ranch Dip
Peaches
Choice of Milk

25

Platter 1: **Chicken**
Cheesesteak on a ww Roll
or
Platter 2: **Cheese Pizza**
w/a **WW** crust

Accompaniments
Hot Veggie Mix
Oranges
Choice of Milk

26

Platter 1: **Pulled Pork on a**
ww Club Roll
or
Platter 2: **WW Oven**
Grilled Cheese

Accompaniments
Broccoli Oven Fries
Pineapple
Choice of Milk

27

Platter 1: **Beef Burger**
(Reg. or w/Cheese)
on a **ww Bun**
or
Platter 2: **Garden Salad**
w/**ww Roll**

Accompaniments
Baked Beans Apple Slices
Choice of Milk

May 30

Memorial Day

No School Today



31

Platter 1: **WG Chicken**
Nuggets w/**ww Dinner Roll**
or
Platter 2: **WW Oven**
Grilled Cheese

Accompaniments
Baby Carrots w/Dip
Pears
Choice of Milk

June 1

Pulled Pork on a
ww Club Roll
or
Platter 1: **WG Macaroni &**
Cheese w/**ww Dinner Roll**

Accompaniments
Broccoli
Apple Slices
Choice of Milk

2

Platter 1: **Tacos**
w/**Fixins**
or
Platter 2: **WW Oven**
Grilled Cheese

Accompaniments
Assorted Hot Veggies
Assorted Cool Fruits
Choice of Milk

3

Platter 1: **Hot Dog on a**
ww Roll
or
Platter 2: **Garden Salad**
w/**ww Roll**

Accompaniments
Assorted Hot Veggies
Assorted Cool Fruits
Choice of Milk