

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 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.

May 23

Platter 1: Hot Dog on a  
ww Roll  
or  
Platter 2: Cheese Pizza  
with ww crust  
Accompaniments  
Tater Tots Baby Carrots w/Dip  
Pineapple  
Choice of Milk

24

Platter 1: Chicken Tenders  
or  
Platter 2: WW Peanut Butter  
& Jelly Uncrustable  
Accompaniments  
Shoestring Fries Broccoli  
Applesauce  
Choice of Milk

25

Platter 1: Beef Burger (Reg.  
or w/Cheese) on a ww Bun  
or  
Platter 2: Baked wg  
Mozzarella Sticks  
w/Marinara Dip Sauce  
Accompaniments  
Baked Beans Pears  
Choice of Milk

26

Platter 1: Chili Nachos  
w/fixins  
or  
Platter 2: WW Oven  
Grilled Cheese  
Accompaniments  
Corn  
Fresh Oranges  
Choice of Milk

27 Breakfast for Lunch!

Platter 1: WG French Toast  
w/side of sausage  
or  
Platter 2: WW Peanut Butter  
& Jelly Uncrustable  
Accompaniments  
Hash Brown Hot Veggie Mix  
100% Juice Cup  
Choice of Milk

May 30

Memorial Day  
No School Today



31

Platter 1: Chicken Patty  
(Reg or spicy) on a ww Bun  
or  
Platter 2: WW Grilled  
Cheese  
Accompaniments  
Shoestring Fries Broccoli  
Applesauce  
Choice of Milk

June 1

Platter 1: Western Center  
Burger w/Cheese & BBQ Sauce on  
a ww Bun  
or  
Platter 2: Garden Fresh  
Salad  
Accompaniments  
Baked Beans  
Peaches  
Choice of Milk

2 Breakfast for Lunch!

Platter 1: WG Baked  
Waffles w/side of sausage  
or  
Platter 2: Cheese Pizza  
w/a WW crust  
Accompaniments  
Assorted Hot Veggies  
Assorted Cool Fruits  
Choice of Milk

3

Platter 1: Lasagna  
w/ww Bread Stick  
or  
Platter 2: Baked wg Mozzarella  
Sticks w/Marinara Dip Sauce  
Accompaniments  
Assorted Hot Veggies  
Assorted Cool Fruits  
Choice of Milk