

Lunch Price:
\$2.80

SEPTEMBER 2024

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 Back!

We are very excited to see you 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>

Fresh Local Apples Offered Daily From:



Food Services is Hiring!!!
Earn while your children learn!

We have openings! If you are interested, please go to : <https://www.upsd.org/departments/human-resources/employment-opportunities> and hit the "Apply Now" button to see what positions are available!

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, and it will be charged a la carte pricing.

2
No School Today!
LABOR DAY BREAK



3
Platter 1: **Baked WG Chicken Patty** on a ww Roll
or
Platter 2: **WW Oven Grilled Cheese**

Accompaniments
Broccoli
Peaches
Choice of Milk

4
Platter 1: **Cheese Pizza** w/ww crust or
Platter 2: **Hot Dog** on a ww Roll

Accompaniments
Baked Beans
Pineapple
Choice of Milk

5
Platter 1: **WG Macaroni & Cheese** w/ww Dinner Roll or
Platter 2: **WW Peanut Butter & Jelly** Uncrustable

Accompaniments
Corn
Oranges
Choice of Milk

6 **Breakfast for Lunch!**
Platter 1: **WG French Toast** w/a side of Sausage or
Platter 2: **Assorted WG Cereal & Cup of Yogurt**

Accompaniments
Hash Brown Potato
100% Juice Cup
Choice of Milk

9
Platter 1: **Hot Ham & Cheese Sandwich** on a ww Pretzel Bun or
Platter 2: **WW Peanut Butter & Jelly** Uncrustable

Accompaniments
Fresh Carrots w/Dip
Green Beans Applesauce
Choice of Milk

10
Platter 1: **Baked wg Chicken Stix** w/ww Dinner Roll or
Platter 2: **WW Oven Grilled Cheese** or
Platter 3: **WW Peanut Butter & Jelly** Uncrustable

Accompaniments
Broccoli Pears
Choice of Milk

11
Platter 1: **Cheese French Bread Pizza** w/ww crust or
Platter 2: **Hot Dog** on a ww Roll

Accompaniments
Baked Beans
Pineapple
Choice of Milk

12
Platter 1: **WG Baked Fish Sticks** w/ww Dinner Roll or
Platter 2: **Chicken Caesar Salad** w/Dinner Roll

Accompaniments
Corn
Oranges
Choice of Milk

13 **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

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16
Platter 1: **WG Nachos**
w/fixins
or
Platter 2: **WW Peanut Butter & Jelly Uncrustable**

Accompaniments
Fresh Carrots w/Dip
Green Beans Applesauce
Choice of Milk

17
Platter 1: **Baked WG Chicken Tenders**
w/a ww Roll
or
Platter 2: **WW Oven Grilled Cheese**

Accompaniments
Broccoli
Peaches
Choice of Milk

18
Platter 1: **Cheese Pizza**
w/ww crust
or
Platter 2: **Hot Dog on a ww Roll**

Accompaniments
Baked Beans
Pineapple
Choice of Milk

19
Platter 1: **Philly Cheesesteak**
on a ww Roll
or
Platter 2: **Chicken Caesar Salad w/Dinner Roll**

Accompaniments
Corn
Oranges
Choice of Milk

20
No Lunch Today
(3 hour early dismissal)
But we are serving breakfast,
so please join us for that!



23
Platter 1: **WG Turkey Corn Dog**
or
Platter 2: **WW Peanut Butter & Jelly Uncrustable**

Accompaniments
Fresh Carrots w/Dip
Green Beans Applesauce
Choice of Milk

24
Platter 1: **Baked WG Chicken Nuggets**
w/a ww Roll
or
Platter 2: **WW Oven Grilled Cheese**

Accompaniments
Broccoli
Pears
Choice of Milk

25
Platter 1: **Cheese French Bread Pizza** w/ww crust
or
Platter 2: **Hot Dog on a ww Roll**

Accompaniments
Baked Beans
Pineapple
Choice of Milk

26
Platter 1: **Hot Meatball Sub** on a ww Roll
or
Platter 2: **Chicken Caesar Salad w/Dinner Roll**

Accompaniments
Corn
Oranges
Choice of Milk

27 Breakfast for Lunch!
Platter 1: **WG Pancakes**
w/a side of Sausage
or
Platter 2: **Assorted WG Cereal & Cup of Yogurt**

Accompaniments
Hash Brown Potato
100% Juice Cup
Choice of Milk

September 30
Platter 1: **Hot Ham & Cheese** on a ww Bun
or
Platter 2: **WW Peanut Butter & Jelly Uncrustable**

Accompaniments
Fresh Carrots w/Dip
Green Beans Applesauce
Choice of Milk

October 1
Platter 1: **Baked WG Chicken Patty**
on a ww Roll
or
Platter 2: **WW Oven Grilled Cheese**

Accompaniments
Broccoli
Peaches
Choice of Milk

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

Accompaniments
Baked Beans
Pineapple
Choice of Milk

October 3
Platter 1: **Beef Burger**
(regular or cheese)
on a ww bun
or
Platter 2: **Chicken Caesar Salad w/Dinner Roll**

Accompaniments
Corn Oranges
Choice of Milk

October 4
Platter 1: **Egg & Cheese Omelet**
w/a side of Sausage
or
Platter 2: **Assorted WG Cereal & Cup of Yogurt**

Accompaniments
Hash Brown Potato
100% Juice Cup
Choice of Milk