

Lunch Price:
\$3.05

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) PBJ also offered daily!
- ◆ 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

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!

Welcome!

We are very excited to see 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>

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. The student will be charged a la carte pricing.

Fresh Local Apples Offered Daily From:



Sept. 2
No School Today!
LABOR DAY BREAK



3
Platter 1: **Baked WG Chicken Nuggets**
or
Platter 2: **WW Oven Grilled Cheese**
Accompaniments
Mashed Potatoes
Corn
Applesauce Cup
Choice of Milk

4
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
Mandarin Oranges
Choice of Milk

5
Platter 1: **WG Pasta**
w/Marinara Sauce & breadstick
or
Platter 2: **WW Oven Grilled Cheese**
Accompaniments
Steamed Broccoli
Pineapple Cup
Choice of Milk

6
Platter 1: **Chicken Bacon Ranch Pizza or Cheese Pizza**
or
Platter 2: **Fresh Garden Salad**
w Egg & ww Dinner Roll
Accompaniments
Sweet Carrots
Fresh Apple Slices
Choice of Milk

9 Breakfast for Lunch!
Platter 1: **ww Waffles**
w/side of sausage
or
Platter 2: **Hot Dog on a ww Roll**

Accompaniments
Hash Brown Potato
100% Juice Cup
Choice of Milk

10
Platter 1: **Baked wg Chicken Patty*** on a ww Bun
(*Regular or Spicy)
or
Platter 2: **WW Oven Grilled Cheese**

Accompaniments
Tomato Soup Peas
Pineapple
Choice of Milk

11
Platter 1: **wg Macaroni & Cheese** w/ww Dinner Roll
or
Platter 2: **WG Uncrustable PBJ Sandwich**

Accompaniments
Sweet Carrots
Applesauce Cup
Choice of Milk

12
Platter 1: **WG Walking Taco**
w/fixins
or
Platter 2: **WW Grilled Cheese**

Accompaniments
Corn
Peaches
Choice of Milk

13
Platter 1: **Cheese or Pepperoni Pizza**
or
Platter 2: **Fresh Garden Salad**
w Egg & ww Dinner Roll

Accompaniments
Veggie Mix
Apple Slices
Choice of Milk

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16 Breakfast for Lunch!

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

Accompaniments
Hash Brown Baked Beans
100% Juice Cup
Choice of Milk

17

Platter 1: **General Tso's**
Chicken w/wg Rice
or
Platter 2: **Sweet & Sour**
Chicken w/wg Rice
or
Platter 3: **WW Oven**
Grilled Cheese

Accompaniments
Broccoli Mandarin Oranges
Choice of Milk

18

Platter 1: **Hot Ham &**
Cheese
on a ww Pretzel Bun
or
Platter 2: **Baked WG**
Mozzarella Sticks
w/Marinara Dip Sauce

Accompaniments
Garden Peas
Pears
Choice of Milk

19

Platter 1: **Hot Meatball Sub**
on a ww Roll
or
Platter 2: **WW Oven**
Grilled Cheese

Accompaniments
Green Beans
Pineapple
Choice of Milk

20

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



23 Breakfast for Lunch!

Platter 1: **ww French Toast**
Stix w/side of sausage
or
Platter 2: **Hot Dog on a**
ww Roll

Accompaniments
Hash Brown Baked Beans
100% Juice Cup
Choice of Milk

24

Platter 1: **Baked wg Chicken**
Patty* on a ww Bun
(*Regular or Spicy)
or
Platter 2: **WW Oven**
Grilled Cheese

Accompaniments
Broccoli Tomato Soup
Pineapple
Choice of Milk

25

Platter 1: **French Bread**
Pizza w/a WW crust
or
Platter 2: **Hot Turkey,**
Bacon & Cheese
on a ww Pretzel Bun

Accompaniments
Sweet Carrots
Peaches
Choice of Milk

26

Platter 1: **WG Taco**
w/fixins
or
Platter 2: **WW Grilled**
Cheese

Accompaniments
Corn
Pears
Choice of Milk

27

Platter 1: **Chicken Parm**
Sandwich on a ww Bun
or
Platter 2: **Fresh Garden**
Salad
w Egg & ww Dinner Roll

Accompaniments
Green Beans
Fresh Apple Slices
Choice of Milk

30 Breakfast for Lunch!

Platter 1: **Cheese Omelet**
w/side of sausage & ww
Goldfish Crackers
or
Platter 2: **Hot Dog on a**
ww Roll

Accompaniments
Hash Brown
100% Juice Cup
Choice of Milk

October 1

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

Accompaniments
Mashed Potatoes Corn
Applesauce
Choice of Milk

October 2

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
Mandarin Oranges
Choice of Milk

October 3

Platter 1: **WG Pasta**
w/Marinara Sauce, Cheese Cup
& Breadstick
or
Platter 2: **WW Oven**
Grilled Cheese

Accompaniments
Broccoli
Pineapple
Choice of Milk

October 4

Platter 1: **Chicken Bacon**
Ranch Pizza or Cheese Pizza
or
Platter 2: **Fresh Garden**
Salad
w Egg & ww Dinner Roll

Accompaniments
Sweet Carrots
Fresh Apple Slices
Choice of Milk