

All Lunches are
Free of Charge

SEPTEMBER 27–OCTOBER 8, 2021

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 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.

September 27

Platter 1: **WG Turkey Corn Dog**

or

Platter 2: **WW Peanut Butter & Jelly Uncrustable**

Accompaniments
Fresh Carrots w/Dip
Applesauce
Choice of Milk

28

Platter 1: **Roast Chicken w/ww Dinner Roll**

or

Platter 2: **WW Oven Grilled Cheese**

Accompaniments
Broccoli
Peaches
Choice of Milk

29

Platter 1: **Cheese Pizza w/ww crust**

or

Platter 2: **Hot Dog on a ww Roll**

Accompaniments
Baked Beans
Pineapple
Choice of Milk

30

Platter 1: **Tacos w/fixins**

or

Platter 2: **WW Peanut Butter & Jelly Uncrustable**

Accompaniments
Corn
Oranges
Choice of Milk

October 1 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

October 4

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

or

Platter 2: **WW Peanut Butter & Jelly Uncrustable**

Accompaniments
Fresh Carrots w/Dip
Applesauce
Choice of Milk

5

Platter 1: **Baked WG Chicken Patty on a ww Roll**

or

Platter 2: **WW Oven Grilled Cheese**

Accompaniments
Broccoli
Peaches
Choice of Milk

6

Platter 1: **Cheese Pizza w/ww crust**

or

Platter 2: **Hot Dog on a ww Roll**

Accompaniments
Baked Beans
Pineapple
Choice of Milk

7

Platter 1: **WG Mac n Cheese**

or

Platter 2: **WW Peanut Butter & Jelly Uncrustable**

Accompaniments
Corn
Oranges
Choice of Milk

8 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

HEREFORD & MARLBOROUGH ELEMENTARY, & 4TH AND 5TH GRADE CENTER