

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

AVAILABLE DAILY:

Peanut Butter & Jelly Uncrustable, Fresh Veggie sticks w/Ranch, Fresh Fruit

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: **ww Stuffed Crust Pizza**
or
Platter 2: **Hot Dog on a ww Roll**

Accompaniments
Baked Beans
Applesauce
Choice of Milk

28

Platter 1: **Baked Chicken Sandwich** on a ww Bun
or
Platter 2: **ww Oven Grilled Cheese**

Accompaniments
Peas
Mandarin Oranges
Choice of Milk

29

Platter 1: **Tacos w/Fixins**
or
Platter 2: **Garden Fresh Salad w/ww Roll**

Accompaniments
Corn
Pineapple
Choice of Milk

30 Breakfast for Lunch!

Platter 1: **WG Pancakes w/side of sausage**
or
Platter 2: **Turkey & Cheese Melt**

Accompaniments
Hash Brown Peaches
Choice of Milk

October 1

Platter 1: **Hot Ham & Cheese** on a WG Croissant
or
Platter 2: **WW Oven Grilled Cheese**
on a ww Bun

Accompaniments
Broccoli
Pears
Choice of Milk

October 4

Platter 1: **ww French Bread Pizza**
or
Platter 2: **Hot Dog on a ww Roll**

Accompaniments
Baked Beans
Applesauce
Choice of Milk

5

Platter 1: **Baked wg Chicken Nuggets**
or
Platter 2: **WW Oven Grilled Cheese**

Accompaniments
Oven Fries Broccoli
Mandarin Oranges
Choice of Milk

6

Platter 1: **WG Lasagna w/side of ww Garlic Bread**
or
Platter 2: **Garden Fresh Salad w/ww Roll**

Accompaniments
Corn
Pineapple
Choice of Milk

7 Breakfast for Lunch!

Platter 1: **WG Baked French Toast Sticks w/side of sausage**
or
Platter 2: **Hoagie** on a ww Roll

Accompaniments
Hash Brown
Peaches
Choice of Milk

8

Platter 1: **Beef Burger (Reg. or w/Cheese)**
or
Platter 2: **WW Oven Grilled Cheese**

Accompaniments
Veggie Mix
Pears
Choice of Milk