

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

Accompaniments
Mandarin Oranges
Baked Beans Choice of Milk

28

Platter 1: **Roast Pork Loin w/ww Dinner Roll**
or
Platter 2: **Garden Salad w/ww Roll**

Accompaniments
Rice Broccoli
Applesauce
Choice of Milk

29

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

Accompaniments
Tomato Soup
Apple Slices
Choice of Milk

30

Platter 1: **Tacos w/fixins**
or
Platter 2: **PBJ Uncrustable**

Accompaniments
Corn
100% Juice Cup
Choice of Milk

October 1

Platter 1: **Tuna Club Sandwich**
or
Platter 2: **WW Oven Grilled Cheese**

Accompaniments
Peas N Carrots
Pears
Choice of Milk

October 4

Platter 1: **Grilled Turkey & Cheese Sandwich**
or
Platter 2: **Cheese Pizza w/a WW crust**

Accompaniments
Veggie Mix
Pineapple
Choice of Milk

5 Breakfast for Lunch!

Platter 1: **Egg Omelet w/side of Sausage**
or
Platter 2: **Hot Dog on a ww Roll**

Accompaniments
Hash Brown
100% Juice Cup
Choice of Milk

6

Platter 1: **Beef Burger (Reg. or w/Cheese) on a ww Bun**
or
Platter 2: **Garden Salad w/ww Roll**

Accompaniments
Fresh Apple Slices
Broccoli
Choice of Milk

7

Platter 1: **Oven Roast Chicken**
or
Platter 2: **WW Oven Grilled Cheese**

Accompaniments
Mashed Potatoes
Sweet Corn Oranges
Choice of Milk

8

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

Accompaniments
Carrots w/Dip
Peaches
Choice of Milk