

Lunch Price:
3.30

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 Goldfish Packet

AVAILABLE DAILY:

Peanut Butter & Jelly Uncrustable,
Baby Carrots, Apple Slices

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 Back!

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>

Fresh Local Apples Offered Daily From:



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.

**Sept. 2
No School Today!**

LABOR DAY BREAK



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

Accompaniments
Deep Green Broccoli
Oven Fries Mandarin Oranges
Choice of Milk

4
Platter 1: **WG Pasta & Meatballs** w/Dinner Roll or
Platter 2: **Garden Fresh Salad** w/dinner Roll or
Platter 3: **Assorted Hoagies** on a ww Roll

Accompaniments
Peas Pineapple
Choice of Milk

5 Breakfast for Lunch!
Platter 1: **WG Pancakes** w/side of sausage or
Platter 2: **WW Oven Grilled Cheese**

Accompaniments
Hash Brown Tomato Soup
100% Juice Cup
Choice of Milk

6
Platter 1: **WG Nachos** w/fixins or
Platter 2: **Beef Burger** (Reg. or w/Cheese) on a ww Bun

Accompaniments
Side Salad
Corn Pears
Choice of Milk

9
Platter 1: **WG Stuffed Crust Pizza**
or
Platter 2: **Hot Dog** on a ww Roll

Accompaniments
Green Beans Baked Beans
Applesauce Pudding Cup
Choice of Milk

10
Platter 1: **General Tso's Chicken** w/wg rice or
Platter 2: **WW Oven Grilled Cheese**

Accompaniments
Deep Green Broccoli
Mandarin Oranges
Choice of Milk

11
Platter 1: **Hot Sausage & Pepper Sandwich** on a ww Roll or
Platter 2: **Garden Fresh Salad** w/dinner Roll

Accompaniments
Peas
Pineapple
Choice of Milk

12
Platter 1: **Chili Cheese Fries** or
Platter 2: **Strawberry or Blueberry Yogurt Parfait** w/Granola or
Platter 3: **WW Oven Grilled Cheese**

Accompaniments
100% Juice Cup Peaches
Choice of Milk

13
Platter 1: **WG Baked Maxx Stix** w/Marinara Dip Cup or
Platter 2: **Beef Burger** (Reg. or w/Cheese) on a ww Bun

Accompaniments
Side Salad Corn
Pears
Choice of Milk

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16
Platter 1: Buffalo Ranch Chicken, BBQ Chicken, or Cheese Pizza
or
Platter 2: ww Corn Dog*
(*turkey product)

Accompaniments
Green Beans Baked Beans
Applesauce Pudding Cup
Choice of Milk

17
Platter 1: Baked WG Popcorn Chicken (Reg or Spicy) w/ww Dinner Roll
or
Platter 2: WW Oven Grilled Cheese

Accompaniments
Deep Green Broccoli
Crispy Fries Mandarin Oranges
Choice of Milk

18
Platter 1: WG Mac N Cheese
or
Platter 2: Garden Fresh Salad w/dinner Roll
or
Platter 3: Assorted Hoagies on a ww Roll

Accompaniments
Peas Carrots
Pineapple Choice of Milk

19 Breakfast for Lunch!
Platter 1: WG Waffles w/side of sausage
or
Platter 2: Strawberry or Blueberry Yogurt Parfait w/Granola
or
Platter 3: WW Oven Grilled Cheese

Accompaniments
Hash Browns Peaches
100% Juice Cup 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 Personal Pizza
or
Platter 2: Hot Dog on a ww Roll

Accompaniments
Green Beans
Baked Beans
Applesauce Pudding Cup
Choice of Milk

24
Platter 1: Baked WG Chicken Sandwich (reg or spicy) on a ww Roll
or
Platter 2: WW Oven Grilled Cheese

Accompaniments
Tater Tots
Mandarin Oranges
Deep Green Broccoli
Choice of Milk

25
Platter 1: Hot Ham & Cheese on a ww Pretzel Bun
or
Platter 2: Garden Fresh Salad w/dinner Roll

Accompaniments
Peas
Pineapple
Choice of Milk

26
Platter 1: WG French Toast w/side of sausage
or
Platter 2: Strawberry or Blueberry Yogurt Parfait w/Granola
or
Platter 3: WW Oven Grilled Cheese

Accompaniments
Hash Brown Peaches
100% Juice Cup Choice of Milk

27
Platter 1: WG Baked Mozzarella Stix w/Marinara Dip Cup
or
Platter 2: Beef Burger (Reg. or w/Cheese) on a ww Bun

Accompaniments
Side Salad Corn
Pears
Choice of Milk

30
Platter 1: Mickey's WG Pizza
or
Platter 2: ww Corn Dog*
(*turkey product)

Accompaniments
Green Beans
Baked Beans
Applesauce Pudding Cup
Choice of Milk

October 1
Platter 1: General Tso's Chicken w/wg rice
or
Platter 2: WW Oven Grilled Cheese

Accompaniments
Deep Green Broccoli
Mandarin Oranges
Choice of Milk

October 2
Platter 1: Cheese Lasagna
or
Platter 2: Garden Fresh Salad w/dinner Roll
or
Platter 3: Assorted Hoagies on a ww Roll

Accompaniments
Peas
Pineapple
Choice of Milk

October 3
Platter 1: Hot Meatball Sandwich on a ww roll
or
Platter 2: Strawberry or Blueberry Yogurt Parfait w/Granola
or
Platter 3: WW Oven Grilled Cheese

Accompaniments
Crispy Fries Peaches Tomato Soup
100% Juice Cup Choice of Milk

October 4
Platter 1: WG Nachos w/fixins
or
Platter 2: Beef Burger (Reg. or w/Cheese) on a ww Bun

Accompaniments
Corn
Pears
Choice of Milk