

All Lunches are
Free of Charge

SEPTEMBER 13-24, 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 Back!

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.

13
Platter 1: **WG Turkey Corn Dog**
or
Platter 2: **WW Peanut Butter & Jelly Uncrustable**

Accompaniments
Fresh Carrots w/Dip
Applesauce Choice of Milk

14
Platter 1: **Baked wg Chicken Tenders w/ww Dinner Roll**
or
Platter 2: **ww Oven Grilled Cheese**

Accompaniments
Broccoli Peaches
Choice of Milk

15
Platter 1: **Cheese Pizza w/ww crust**
or
Platter 2: **Hot Dog on a ww Roll**

Accompaniments
Baked Beans Pineapple
Choice of Milk

16
Platter 1: **Nacos w/fixins**
or
Platter 2: **WW Peanut Butter & Jelly Uncrustable**

Accompaniments
Corn Oranges
Choice of Milk

17
**3 Hour Early Dismissal
No Lunch Today**
(but we are still serving breakfast in the morning!)



20
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

21
Platter 1: **Baked WG Chicken Patty Parmesan on a ww Roll**
or
Platter 2: **WW Oven Grilled Cheese**

Accompaniments
Broccoli Peaches
Choice of Milk

22
Platter 1: **Cheese Pizza w/ww crust**
or
Platter 2: **Hot Dog on a ww Roll**

Accompaniments
Baked Beans Pineapple
Choice of Milk

23
Platter 1: **Hot Meatball Sub on a ww Roll**
or
Platter 2: **WW Peanut Butter & Jelly Uncrustable**

Accompaniments
Corn Oranges
Choice of Milk

24 Breakfast for Lunch!
Platter 1: **WG Pancakes w/a side of Sausage**
or
Platter 2: **Assorted WG Cereal & Cup of Yogurt**

Accompaniments
Hash Brown Potato
Juice Cup Choice of Milk