

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: **Hot Dog on a ww Roll**  
or  
Platter 2: **Cheese Pizza w/a WW crust**  
Accompaniments  
Pineapple Cup  
Baked Beans Choice of Milk

**14**  
Platter 1: **Baked Chicken Sandwich on a ww Bun**  
or  
Platter 2: **WW Oven Grilled Cheese w/Tomato Soup**  
Accompaniments  
Fresh Broccoli w/Ranch Dip  
Mandarin Oranges  
Choice of Milk

**15**  
Platter 1: **Beef Burger (Reg. or w/Cheese) on a ww Bun**  
or  
Platter 2: **Garden Salad w/ww Roll**  
Accompaniments  
Fresh Celery w/Ranch Dip  
Apple Slices Choice of Milk

**16**  
Platter 1: **Tacos w/fixins**  
or  
Platter 2: **WW Oven Grilled Cheese**  
Accompaniments  
Corn 100% Juice Cup  
Choice of Milk

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



**20**  
Platter 1: **Pulled Pork BBQ on a ww Bun**  
or  
Platter 2: **Baked WG Mozzarella Sticks w/Marinara Dip Sauce**  
Accompaniments  
Broccoli Pear Cup  
Choice of Milk

**21**  
Platter 1: **Baked WG Chicken Nuggets**  
or  
Platter 2: **WW Oven Grilled Cheese**  
Accompaniments  
Fresh Carrots w/Ranch Dip  
Peach Cup  
Choice of Milk

**22**  
Platter 1: **Hot Meatball Sub on a ww Roll**  
or  
Platter 2: **Garden Salad w/ww Roll**  
Accompaniments  
Fresh Apple Slices  
Veggie Mix  
Choice of Milk

**23 Breakfast for Lunch!**  
Platter 1: **WG French Toast Sticks w/side of Sausage**  
or  
Platter 2: **Hot Dog on a ww Roll**  
Accompaniments  
Fresh Celery w/Ranch Dip  
100% Juice Cup  
Choice of Milk

**24**  
Platter 1: **WG Macaroni & Cheese**  
or  
Platter 1: **Beef Burger (Reg. or w/Cheese) on a ww Bun**  
Accompaniments  
Fresh Cauliflower w/Dip  
Applesauce Cup  
Choice of Milk