

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

**AVAILABLE DAILY:**

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

**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: **Personal Cheese Pizza** w/a WW crust  
or  
Platter 2: **Hot Dog** on a ww Roll  
  
Accompaniments  
Green Beans  
Applesauce  
Choice of Milk

**14**  
Platter 1: **Baked wg Chicken Nuggets** on a ww Bun  
or  
Platter 2: **WW Oven Grilled Cheese**  
  
Accompaniments  
Side Salad  
Mandarin Oranges  
Choice of Milk

**15**  
Platter 1: **Chili & Cheese Tater Tots**  
or  
Platter 2: **Garden Fresh Salad**  
  
Accompaniments  
Corn Pineapple  
Bread Stick Choice of Milk

**16 Breakfast for Lunch!**  
Platter 1: **WG Baked Waffles** w/side of sausage  
or  
Platter 2: **Beef Burger (Reg. or w/Cheese)** on a ww Bun  
  
Accompaniments  
Hash Brown Peaches  
Choice of Milk

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



**20**  
Platter 1: **Assorted Big Daddy's Pizza** (w/a WW crust)  
or  
Platter 2: **Hot Dog** on a ww Roll  
  
Accompaniments  
Green Beans  
Applesauce  
Choice of Milk

**21**  
Platter 1: **Baked Chicken Sandwich** on a ww Bun  
or  
Platter 2: **WW Oven Grilled Cheese**  
  
Accompaniments  
Side Salad  
Mandarin Oranges  
Choice of Milk

**22**  
Platter 1: **Chicken Fajita**  
or  
Platter 2: **Garden Fresh Salad**  
  
Accompaniments  
Corn  
Pineapple  
Choice of Milk

**23 Breakfast for Lunch!**  
Platter 1: **WG Baked French Toast Sticks** w/side of sausage  
or  
Platter 2: **Beef Burger (Reg. or w/Cheese)** on a ww Bun  
  
Accompaniments  
Hash Brown Peaches  
Choice of Milk

**24**  
Platter 1: **Philly Cheesesteak** on a ww Roll  
or  
Platter 2: **WW Oven Grilled Cheese**  
  
Accompaniments  
Veggie Mix  
Pears  
Choice of Milk