

Menus for
June 2023

**CHS &
CJHS**

HAPPY
SUMMER



This institution is an equal opportunity provider.
Menus are subject to change.



**Congratulations
and best of luck to
all members of the
Class of 2023.**

We'll look forward to
serving the rest of you
again next fall. **Thanks for
your business this year!**

Junior & Senior High School Meal Prices

Breakfast: Grades 8-12 — \$2.50

Lunch: Grades 8-12 — \$4.00

Milk Only — .70 cents

**Students who qualify for Free
or Reduced Price Meals:**

No Charge for Breakfast & Lunch

Milk ala carte—.70 cents

Available Daily

**Cheese OR Pepperoni Pizza
Hamburgers or Cheeseburgers**

Chicken Burgers

Nachos

Soft Tacos

Chicken or Beef Nuggets

Fresh Fruits & Vegetables

Deli Express Sandwiches

(Curtis High School Only)

HELP WANTED!

**UPSD Auxiliary Services Dept. is hiring
Substitute Custodians,
Food Service workers and
Bus Drivers.**

**Flexible hours. Location and pay range
varies by need**

**Please visit www.UPSD83.org to fill
out an application.**

GET IN THE SWIM.

Spending a few hours or a day at a pool or on
the beach is what summer is all about! It's
fun, relaxing, and great exercise – a triple
benefit for anyone's wellness! So have fun
around the water this summer, but please wear
sunscreen and **BE SAFE**. Whether you're
swimming in a river, lake, ocean, pool, or
water park, know your limitations and your
ability. And don't ever swim alone.

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Featured Daily Specials

Monday

Orange Chicken OR Corn Dog

Tuesday

**Teriyaki Beef Dippers OR
BBQ Rib Sandwich**

Wednesday

**Macaroni & Cheese OR
Chicken Strips**

Thursday

**Pasta Bar OR
Bean & Cheese Burrito**

Friday

**Baked Potato Bar OR
Grilled Cheese Sandwich**