

# CJHS & CHS

# JANUARY

## 2023 Menu

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

## HELP WANTED!

Our Auxiliary Services  
Department is hiring  
Substitute  
Custodians, Bus Drivers and  
Food Service workers.

Flexible hours.  
Location and pay range  
varies by need

Please visit [www.UPSD83.org](http://www.UPSD83.org) for  
more information and to fill out  
an application.

## AVAILABLE DAILY

Cheese Pizza  
Peperoni Pizza  
Hamburgers or  
Cheeseburgers  
Chicken Burgers  
Nachos  
Soft Tacos  
Chicken or Beef Nuggets  
Fresh Fruits &  
Vegetables  
Deli Express Sandwiches  
(Curtis High School Only)

## Featured Daily Specials

Monday  
Pasta Bar OR  
Sweet & Sour Chicken

Tuesday  
Teriyaki Chicken OR  
Sloppy Joe

Wednesday  
Macaroni & Cheese OR  
Cheese Stuffed Breadsticks

Thursday  
Sweet & Sour Chicken OR  
Pasta Bar

Friday  
Baked Potato Bar OR  
Chicken Drumstick &  
Breadstick



Welcome Back!  
We hope you  
enjoyed your break!

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

## FRUIT

### Pears

Most of the vitamin C and  
fiber in pears is in the skin —  
so make sure you eat the  
outside! Pears get juicier and  
sweeter the longer they  
ripen. When pears get  
slightly soft, put them in  
the fridge and they'll  
last a lot longer.

## OF THE MONTH