

WELCOME TO THE NEW YEAR!

K-7 BREAKFAST MENU JANUARY 2023

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

2022-23 Breakfast & Lunch Prices

Breakfast:

Grades K-4 — \$2.00 Grades 5-7 — \$2.25

Grades 8-12 — \$2.50

Lunch:

Grades K-4 — \$3.50 Grades 5-7 — \$3.75

Grades 8-12 — \$4.00

Milk Only — .70 cents

Students who qualify for Free or Reduced Price Meals:

No Charge for Breakfast & Lunch,

.70 cents for milk ala carte.

DON'T 4 GET!
To make a lunch,
choose at least one

and 3-5 items total

Fruit/Juice or **Veggie**

YEAR OF THE RABBIT




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The Chinese New Year begins with the new moon on January 22. 2023 is the year of the Rabbit.

Tuesday, January 3	Wednesday, January 4	Thursday, January 5	Friday, January 6	
Breakfast Toast & Cereal Choice or Breakfast Burrito Raisins Fruit & Yogurt Graham Crackers Milk & Juice	Breakfast Toast & Cereal Choice or Buttermilk Bar Raisins Fruit & Yogurt Graham Crackers Milk & Juice	Breakfast Toast & Cereal Choice or Whole Grain Breakfast Bar Raisins Fruit & Yogurt Graham Crackers Milk & Juice	Breakfast Toast & Cereal Choice or Banana Bread Raisins Fruit & Yogurt Graham Crackers Milk & Juice	
Monday, January 9	Tuesday, January 10	Wednesday, January 11	Thursday, January 12	Friday, January 13
Breakfast Toast & Cereal Choice or Mini Maple Waffle Raisins Fruit & Yogurt Graham Crackers Milk & Juice	Breakfast Toast & Cereal Choice or Apple Cherry Crunch Bar Raisins Fruit & Yogurt Graham Crackers Milk & Juice	Breakfast Toast & Cereal Choice OR Mini Bagels w/ Strawberry Cream Cheese Raisins Fruit & Yogurt Graham Crackers Milk & Juice	Breakfast Toast & Cereal Choice or Pancake on a Stick Raisins Fruit & Yogurt Graham Crackers Milk & Juice	Breakfast Toast & Cereal Choice or Zucchini Bread Raisins Fruit & Yogurt Graham Crackers Milk & Juice

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

Monday, January 16



Monday, January 16
MLK Day

Tuesday, January 17

Breakfast
Toast &
Cereal Choice
or
Turkey Ham & Cheese
Breakfast Sandwich
Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Wednesday, January 18

Breakfast
Toast &
Cereal Choice
or
Cinnamon Roll

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Thursday, January 19

Breakfast
Toast &
Cereal Choice
or
Pancake & Sausage
w/Syrup

Fruit & Yogurt
Graham Crackers
Milk & Juice

Friday, January 20

Breakfast
Toast &
Cereal Choice
or
Mini Blueberry
Waffle
Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Weird SCIENCE



Make a "rubber" egg!

You'll Need:
 a raw egg
 white vinegar
 a beaker or other plastic container

Monday, January 23

Breakfast
Toast &
Cereal Choice
or
Blueberry Muffin

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Tuesday, January 24

Breakfast
Toast &
Cereal Choice
or
Breakfast Burrito

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Wednesday, January 25

Breakfast
Toast &
Cereal Choice
or
Buttermilk Bar

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Thursday, January 26

Breakfast
Toast &
Cereal Choice
or
Whole Grain
Breakfast Bar
Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Friday, January 27

Breakfast
Toast &
Cereal Choice
or
Banana Bread

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Monday, January 30

NO SCHOOL

Teacher Prep and Planning Day

Tuesday, January 31

Breakfast
Toast &
Cereal Choice
or
Apple Cherry
Crunch Bar
Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

HELP WANTED!
Our Auxiliary Services Department 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.



- Place the raw egg in the container and cover it with vinegar.
- After 24 hours, gently prod the egg with your finger. Does it feel soft and elastic like rubber? (If not, replace the vinegar with fresh vinegar and wait another 24 hours.)
- Congratulations!** You have used the vinegar to "decalcify" the egg. The egg shell contains a substance called "calcium carbonate." The acid in the vinegar dissolves the calcium carbonate in the egg shell, and what's left is soft and flexible rather than hard and rigid. *You've created a rubber egg!*
- Poke the egg (gently) with a fork until you pierce the shell and the yolk and white come out. The shell should look *like a popped balloon!*