K-7 BREAKFAST MENU JANUARY 2023

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

2-23 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

tudents who qualify for Free or Reduced Price Meals: No Charge for Breakfast & Lunch,

.70 cents for milk ala carte.

To make a lunch, choose at least one







Tuesday, January 3

Breakfast

Toast & Cereal Choice or

Breakfast Burrito

Raisins Fruit & Yogurt **Graham Crackers** Milk & Juice

Wednesday, January 4

Breakfast

Toast & Cereal Choice \circ r Buttermilk Bar

Raisins Fruit & Yogurt **Graham Crackers** Milk & Juice

Thursday, January 5

Breakfast

Toast & Cereal Choice orWhole Grain Breakfast Bar

Raisins Fruit & Yogurt **Graham Crackers**

Milk & Juice

Friday, January 6

Breakfast

Toast & Cereal Choice orBanana Bread

Raisins Fruit & Yogurt **Graham Crackers** Milk & Juice

YEAR OF THE RABBIT.



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

Monday, January 9

Breakfast

Toast & Cereal Choice or Mini Maple Waffle

Raisins Fruit & Yogurt **Graham Crackers** Milk & Juice

Tuesday, January 10

Breakfast

Toast & Cereal Choice or Apple Cherry Crunch Bar Raisins Fruit & Yogurt **Graham Crackers**

Milk & Juice

Wednesday, January 11 Thursday, January 12

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

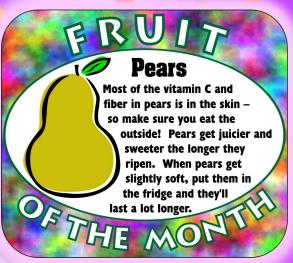
Raisins Fruit & Yogurt **Graham Crackers** Milk & Juice

Friday, January 13

Breakfast

Toast & Cereal Choice or Zucchini Bread

Raisins Fruit & Yogurt **Graham Crackers** Milk & Juice





Tuesday, January 17 **Breakfast** Toast & Cereal Choice orTurkey Ham & Cheese

Breakfast Sandwich

Raisins

Fruit & Yogurt

Graham Crackers

Milk & Juice

Wednesday, January 18 Thursday, January 19

Breakfast

Toast & Cereal Choice Cinnamon Roll

Raisins Fruit & Yogurt **Graham Crackers** Milk & Juice

Breakfast

Toast & Cereal Choice orPancake & 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



- O Place the raw egg in the container and cover it with vinegar
- 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.)
- **6** 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!
- ② 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!



Monday, January 23

Breakfast

Toast & Cereal Choice or Blueberry Muffin

Raisins Fruit & Yogurt **Graham Crackers** Milk & Juice

Tuesday, January 24 Wednesday, January 25

Breakfast

Toast & Cereal Choice \circ r Breakfast Burrito

Raisins Fruit & Yogurt **Graham Crackers** Milk & Juice

Breakfast

Toast & Cereal Choice \circ r **Buttermilk Bar**

Raisins Fruit & Yogurt **Graham Crackers** Milk & Juice

Thursday, January 26 **Breakfast**

Toast & Cereal Choice

Whole Grain Breakfast Bar Raisins Fruit & Yogurt

or

Graham Crackers Milk & Juice

Friday, January 27

Breakfast

Toast & Cereal Choice orBanana 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.