

WELCOME TO THE NEW YEAR!

K-7 LUNCH 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.

YEAR OF THE RABBIT



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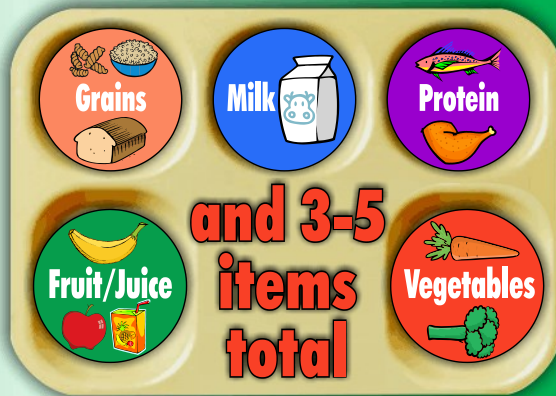
The Chinese New Year begins with the new moon on January 22. 2023 is the year of the Rabbit.

DON'T 4 GET!

To make a lunch,
choose at least one



or



Tuesday, January 3

Lunch

Cheeseburger

OR

Teriyaki Chicken
& Rice

Salad Bar

Carrots & Cucumber

Orange &

Fruit Salad

Milk

Wednesday, January 4

Lunch

Pepperoni Pizza

OR

Cheese Pizza

Salad Bar

Carrots &

Cauliflower

Apple Slices &

Pineapple Chunks

Milk

Thursday, January 5

Lunch

Chicken Sandwich

OR

Hot Dog

Salad Bar

Carrots & Cucumber

Grapes &

Fruit Salad

Milk

Friday, January 6

Lunch

Cheese Breadsticks

w/Sauce

OR

Sloppy Joe Sandwich

Salad Bar

Carrots &

Red Pepper Strips

Applesauce &

Bananas

Cookie & Milk

Monday, January 9

Lunch

Chicken Nuggets

OR

Cheese Pizza

Quesadilla

Salad Bar

Carrots & Broccoli

Peaches &

Apple Slices

Cookie & Milk

Tuesday, January 10

Lunch

Cheeseburger

OR

Chicken Soft Taco

Salad Bar

Carrots & Cucumber

Oranges &

Fruit Salad

Milk

Wednesday, January 11

Lunch

Pepperoni Pizza

OR

Cheese Pizza

Salad Bar

Carrots &

Cauliflower

Apple Slices &

Pineapple Chunks

Milk

Thursday, January 12

Lunch

Chicken Sandwich

OR

Beef & Cheese

Nachos

Salad Bar

Carrots & Cucumber

Grapes &

Fruit Salad

Milk

Friday, January 13

Lunch

Cheese Breadsticks

w/Sauce OR

Beef Teriyaki Dippers

w/Rice or Roll

Salad Bar

Carrots &

Red Pepper Strips


Applesauce &

Bananas

Cookie & Milk

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

Weird SCIENCE



Make a "rubber" egg!


You'll Need:

- ✓ a raw egg
- ✓ white vinegar
- ✓ a beaker or other plastic container

- 1 Place the raw egg in the container and cover it with vinegar.
- 2 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.)
- 3 **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!**
- 4 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 16



THE TIME IS ALWAYS RIGHT TO DO WHAT IS RIGHT.

-MARTIN LUTHER KING, JR.

**Monday, January 16
MLK Day**

Tuesday, January 17

Lunch
Chicken Drumstick
OR
Cheeseburger

Salad Bar
Carrots & Cucumber
Orange & Fruit Salad
Milk

Wednesday, January 18

Lunch
Pepperoni Pizza
OR
Cheese Pizza
Salad Bar
Carrots & Cauliflower
Apple Slices & Pineapple Chunks
Milk

Thursday, January 19

Lunch
Chicken Sandwich
OR
Corn Dog

Salad Bar
Carrots & Cucumber
Grapes & Fruit Salad
Milk

Friday, January 20

Lunch
Cheese Breadsticks w/Sauce
OR
Beef Soft Taco
Salad Bar
Carrots & Red Pepper Strips
Applesauce & Bananas
Cookie & Milk

Monday, January 23

Lunch
Chicken Nuggets
OR
Macaroni & Cheese

Salad Bar
Carrots & Broccoli
Peaches & Apple Slices
Cookie & Milk

Tuesday, January 24

Lunch
Cheeseburger
OR
Ham & Cheese Bread Ripper

Salad Bar
Carrots & Cucumber
Orange & Fruit Salad
Milk

Wednesday, January 25

Lunch
Pepperoni Pizza
OR
Cheese Pizza
Salad Bar
Carrots & Cauliflower
Apple Slices & Pineapple Chunks
Milk

Thursday, January 26

Lunch
Chicken Sandwich
OR
Spaghetti w/Meat Sauce

Salad Bar
Carrots & Cucumber
Grapes & Fruit Salad
Milk

Friday, January 27

Lunch
Cheese Breadsticks w/Sauce OR
Sweet & Sour Chicken w/Rice
Salad Bar
Carrots & Red Pepper Strips
Applesauce & Bananas
Cookie & Milk

Monday, January 30

NO SCHOOL

Teacher Prep and Planning Day

Tuesday, January 31

Lunch
Cheeseburger
OR
Teriyaki Chicken & Rice

Salad Bar
Carrots & Cucumber
Orange & Fruit Salad
Milk

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.