



★ OUR NATION'S HISTORY ★

Paul Revere began the famous "midnight ride" on April 18, 1775. But he didn't finish it. Revere made it from Boston to Lexington, warning residents that "the regulars (British soldiers) are coming!" Then, he set out for Concord with William Dawes and Samuel Prescott. Revere was captured and later released – without his horse. In fact, only Prescott actually made it all the way from Boston to Concord to warn our patriots to remove military supplies before the soldiers could arrive.

★ WITH LIBERTY & JUSTICE FOR ALL ★

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

Lunch:
Grades K-4 – \$3.50
Grades 5-7 – \$3.75
Milk Only – .70 cents

Students who qualify for Free or Reduced Price Meals:
No Charge for Breakfast & Lunch,
.70 cents for milk ala carte.

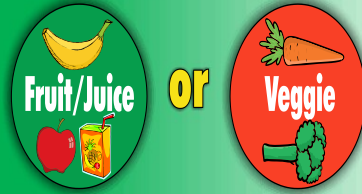
Monday, April 3	Tuesday, April 4	Wednesday, April 5	Thursday, April 6	Friday, April 7
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SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK
Monday, April 10	Tuesday, April 11	Wednesday, April 12	Thursday, April 13	Friday, April 14
<p style="text-align: center;"><u>Breakfast</u></p> <p style="text-align: center;">Toast & Cereal Choice or Blueberry Muffin</p> <p style="text-align: center;">Raisins Fruit & Yogurt Graham Crackers Milk & Juice</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p style="text-align: center;">Toast & Cereal Choice or Breakfast Pizza</p> <p style="text-align: center;">Raisins Fruit & Yogurt Graham Crackers Milk & Juice</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p style="text-align: center;">Toast & Cereal Choice or Buttermilk Bar</p> <p style="text-align: center;">Raisins Fruit & Yogurt Graham Crackers Milk & Juice</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p style="text-align: center;">Toast & Cereal Choice or Whole Grain Breakfast Bar</p> <p style="text-align: center;">Raisins Fruit & Yogurt Graham Crackers Milk & Juice</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p style="text-align: center;">Toast & Cereal Choice or Banana Bread</p> <p style="text-align: center;">Raisins Fruit & Yogurt Graham Crackers Milk & Juice</p>

Happy Earth Day To You!



April 22 is the 52nd Anniversary of the first Earth Day

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



HELP WANTED!

UPSD 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.

Monday, April 17

Breakfast

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

Tuesday, April 18

Breakfast

Toast & Cereal Choice or Honey Bun Raisins Fruit & Yogurt Graham Crackers Milk & Juice

Wednesday, April 19

Breakfast

Toast & Cereal Choice OR Mini Bagels w/ Strawberry Cream Cheese Raisins Fruit & Yogurt Graham Crackers Milk & Juice

Thursday, April 20

Breakfast

Toast & Cereal Choice or Pancake on a Stick Raisins Fruit & Yogurt Graham Crackers Milk & Juice

Friday, April 21

Breakfast

Toast & Cereal Choice or Pumpkin Bread Raisins Fruit & Yogurt Graham Crackers Milk & Juice

Monday, April 24

Breakfast

Toast & Cereal Choice or Chocolate Muffin Raisins Fruit & Yogurt Graham Crackers Milk & Juice

Tuesday, April 25

Breakfast

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

Wednesday, April 26

Breakfast

Toast & Cereal Choice or Cinnamon Roll Raisins Fruit & Yogurt Graham Crackers Milk & Juice

Thursday, April 27

Breakfast

Toast & Cereal Choice or Pancake & Sausage w/Syrup Fruit & Yogurt Graham Crackers Milk & Juice

Friday, April 28

Breakfast

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

NUTRITION TO GO

Moderation and variety are the keys to healthy eating habits. A burger, taco, or piece of pizza may contain more than 30% calories from fat. But when paired with lowfat chocolate milk, a piece of fruit, and carrot sticks with lowfat dip, the entire meal can be quite healthy.

A QUICK BITE FOR PARENTS