

★ 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
SAVABOONOU	SAVABOONOU	SAVABOONOU	SAVABOONOU	SAVABOONOU
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
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
Chicken Nuggets OR Cheese Pizza Quesadilla Salad Bar Carrots & Broccoli Peaches & Apple Slices Cookie & Milk	Cheeseburger OR Chicken Soft Taco Salad Bar Carrots & Cucumber Oranges & Fruit Salad Milk	Pepperoni Pizza OR Cheese Pizza Salad Bar Carrots & Cauliflower Apple Slices & Pineapple Chunks Milk	Chicken Sandwich OR Beef & Cheese Nachos Salad Bar Carrots & Cucumber Grapes & Fruit Salad Milk	Cheese Breadsticks w/Sauce OR Beef Teriyaki Dippers with Rice or Breadstick Salad Bar Carrots & Red Pepper Strips Applesauce & Bananas Cookie & Milk

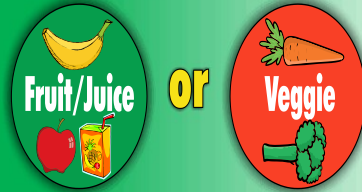
Happy Earth Day To You!



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

DON'T 4GET!

To make a lunch, choose at least one



and 3-5 items total

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

Lunch

Chicken Nuggets
OR
Bean & Cheese Burrito

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

Tuesday, April 18

Lunch

Chicken Drumstick & Breadstick
OR
Cheeseburger

Salad Bar
Carrots & Cucumber
Oranges & Fruit Salad
Milk

Wednesday, April 19

Lunch

Pepperoni Pizza
OR
Cheese Pizza

Salad Bar
Carrots & Cauliflower
Apple Slices & Pineapple Chunks
Milk

Thursday, April 20

Lunch

Chicken Sandwich
OR
Corn Dog

Salad Bar
Carrots & Cucumber
Grapes & Fruit Salad
Milk

Friday, April 21

Lunch

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

Monday, April 24

Lunch

Chicken Nuggets
OR
Macaroni & Cheese

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

Tuesday, April 25

Lunch

Cheeseburger
OR
Ham & Cheese Bread Ripper

Salad Bar
Carrots & Cucumber
Oranges & Fruit Salad
Milk

Wednesday, April 26

Lunch

Pepperoni Pizza
OR
Cheese Pizza

Salad Bar
Carrots & Cauliflower
Apple Slices & Pineapple Chunks
Milk

Thursday, April 27

Lunch

Chicken Sandwich
OR
Spaghetti w/Meat Sauce & Breadstick

Salad Bar
Carrots & Cucumber
Grapes & Fruit Salad
Milk

Friday, April 28

Lunch

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

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