

Back to school



Breakfast Menu for August & September 2022

University Place School District



Every complete meal
we serve comes with
your choice of lowfat
or nonfat milk!

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

We're
SO GLAD
to see you!
It's going
to be a
GREAT YEAR
and we can't
wait to serve
your meals!

Tuesday, Aug. 30	Wednesday, Aug. 31	Thursday, Sept. 1	Friday, Sept. 2
Breakfast Toast Or Cereal Choice Or Buttermilk Bar Raisins Fruit & Yogurt Graham Crackers Milk & Juice	Breakfast Toast Or Cereal Choice Or Mini Waffle Raisins Fruit & Yogurt Graham Crackers Milk & Juice	Breakfast Toast Or Cereal Choice Or Snack Bar Raisins Fruit & Yogurt Graham Crackers Milk & Juice	Breakfast Toast Or Cereal Choice Or Pumpkin Bread Raisins Fruit & Yogurt Graham Crackers Milk & Juice
Tuesday, Sept. 6	Wednesday, Sept. 7	Thursday, Sept. 8	Friday, Sept. 9
Breakfast Toast Or Cereal Choice Or Cinnamon Bread Toast Raisins Fruit & Yogurt Graham Crackers Milk & Juice	Breakfast Toast Or Cereal Choice Or Breakfast Burrito Raisins Fruit & Yogurt Graham Crackers Milk & Juice	Breakfast Toast Or Cereal Choice Or Pancake on a Stick Raisins Fruit & Yogurt Graham Crackers Milk & Juice	Breakfast Toast Or Cereal Choice Or Pumpkin Bread Raisins Fruit & Yogurt Graham Crackers Milk & Juice



**NO SCHOOL
MONDAY,
SEPTEMBER 5**

2022-23 Meal 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.

HELP WANTED!

Our Nutrition Services
Department
is hiring Substitute Food
Service workers for all
locations.

Flexible hours.

\$19.21 per hour.

Please visit www.UPSD83.org
and click on the "Employment"
tab to fill out an application.

September 11, 2001



*In eternal remembrance of the victims,
in continued support of their families,
and in undying gratitude to the heroes.*

**EAT BETTER.
PLAY HARDER.
LIVE HEALTHIER.
LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!



Broccoli is a "smart carb," a food that provides lots of fiber and complex carbohydrates that aid digestion and make you feel full longer. Broccoli's good for bone health, heart health, cancer prevention, reducing cholesterol, and even reducing allergies and inflammation!

A QUICK BITE FOR PARENTS

<p>Monday, Sept. 12</p> <p>Breakfast</p> <p>Toast Or Cereal Choice Or Chocolate Muffin</p> <p>Raisins Fruit & Yogurt Graham Crackers Milk & Juice</p>	<p>Tuesday, Sept. 13</p> <p>Breakfast</p> <p>Toast Or Cereal Choice Or Cinnamon Roll</p> <p>Raisins & Fruit Fruit & Yogurt Graham Crackers Milk & Juice</p>	<p>Wednesday, Sept. 14</p> <p>LATE START Breakfast</p> <p>Toast Or Cereal Choice Or Sausage Breakfast Pizza Raisins & Fruit Fruit & Yogurt Graham Crackers Milk & Juice</p>	<p>Thursday, Sept. 15</p> <p>Breakfast</p> <p>Toast Or Cereal Choice Or French Toast</p> <p>Raisins & Fruit Fruit & Yogurt Graham Crackers Milk & Juice</p>	<p>Friday, Sept. 16</p> <p>Breakfast</p> <p>Toast Or Cereal Choice Or Banana Bread</p> <p>Raisins & Fruit Fruit & Yogurt Graham Crackers Milk & Juice</p>
<p>Monday, Sept. 19</p> <p>Breakfast</p> <p>Toast Or Cereal Choice Or Chocolate Muffin</p> <p>Raisins & Fruit Fruit & Yogurt Graham Crackers Milk & Juice</p>	<p>Tuesday, Sept. 20</p> <p>Breakfast</p> <p>Toast Or Cereal Choice Or Cinnamon Roll</p> <p>Raisins & Fruit Fruit & Yogurt Graham Crackers Milk & Juice</p>	<p>Wednesday, Sept. 21</p> <p>LATE START Breakfast</p> <p>Toast Or Cereal Choice Or Sausage Breakfast Pizza Raisins & Fruit Fruit & Yogurt Graham Crackers Milk & Juice</p>	<p>Thursday, Sept. 22</p> <p>Breakfast</p> <p>Toast Or Cereal Choice Or French Toast</p> <p>Raisins & Fruit Fruit & Yogurt Graham Crackers Milk & Juice</p>	<p>Friday, Sept. 23</p> <p>Breakfast</p> <p>Toast Or Cereal Choice Or Banana Bread</p> <p>Raisins & Fruit Fruit & Yogurt Graham Crackers Milk & Juice</p>
<p>Monday, Sept. 26</p> <p>Breakfast</p> <p>Toast Or Cereal Choice Or Blueberry Muffin</p> <p>Raisins & Fruit Fruit & Yogurt Graham Crackers Milk & Juice</p>	<p>Tuesday, Sept. 27</p> <p>Breakfast</p> <p>Toast Or Cereal Choice Or Buttermilk Bar</p> <p>Raisins & Fruit Fruit & Yogurt Graham Crackers Milk & Juice</p>	<p>Wednesday, Sept. 28</p> <p>LATE START Breakfast</p> <p>Toast Or Cereal Choice Or Mini Waffles Raisins & Fruit Fruit & Yogurt Graham Crackers Milk & Juice</p>	<p>Thursday, Sept. 29</p> <p>Breakfast</p> <p>Toast Or Cereal Choice Or Snack Bar</p> <p>Raisins & Fruit Fruit & Yogurt Graham Crackers Milk & Juice</p>	<p>Friday, Sept. 30</p> <p>Lunch Breakfast</p> <p>Toast Or Cereal Choice Or Pumpkin Bread</p> <p>Raisins & Fruit Fruit & Yogurt Graham Crackers</p>