

Back to school



Lunch Menus 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
Lunch Chicken Nuggets	Lunch Pepperoni Pizza Or Cheese Pizza	Lunch Chicken Sandwich	Lunch Corn Dog
Carrots	Carrots & Cauliflower	Carrots	Carrots
Cucumber	Pineapple Chunks & Sliced Apples	Cucumber	Red Pepper Strips
Fruit Salad		Fruit Salad	Applesauce
Orange		Grapes	Dessert

LABOR DAY
NO SCHOOL MONDAY, SEPTEMBER 5

Tuesday, Sept. 6	Wednesday, Sept. 7	Thursday, Sept. 8	Friday, Sept. 9
Lunch Cheeseburger Or Ham & Cheese Ripper	Lunch Pepperoni Pizza Or Cheese Pizza	Lunch Chicken Sandwich Or Hot Dog	Lunch Cheese Breadstick & Sauce Or Sloppy Joe
Carrots & Cucumbers	Carrots & Cauliflower	Carrots & Cucumber	Carrots & Red Pepper Strips
Fruit Salad & Orange	Pineapple Chunks & Sliced Apples	Fruit Salad & Grapes	Applesauce & Dessert

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!

NUTRITION TO GO

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>Lunch</p> <p>Chicken Nuggets Or Cheese Quesadilla Or Sandwich Choice</p> <p>Carrots & Broccoli Peaches & Apples Dessert</p>	<p>Tuesday, Sept. 13</p> <p>Lunch</p> <p>Cheeseburger Or Beef Soft Taco Or Sandwich Choice</p> <p>Carrots & Cucumber Fruit Salad & Orange</p>	<p>Wednesday, Sept. 14</p> <p>Lunch</p> <p>Pepperoni Pizza Or Cheese Pizza Or Sandwich Choice</p> <p>Carrots & Cauliflower Pineapple Chunks & Sliced Apples</p>	<p>Thursday, Sept. 15</p> <p>Lunch</p> <p>Chicken Sandwich Or Meatball Hoagie Or Sandwich Choice</p> <p>Carrots & Cucumber Fruit Salad & Grapes</p>	<p>Friday, Sept. 16</p> <p>Lunch</p> <p>Cheese Breadstick & Sauce Or Chicken Soft Taco Or Sandwich Choice Carrots & Red Pepper Strips Applesauce & Dessert</p>
<p>Monday, Sept. 19</p> <p>Lunch</p> <p>Chicken Nuggets Or Bean & Cheese Burrito Or Sandwich Choice</p> <p>Carrots & Broccoli Peaches & Apples Dessert</p>	<p>Tuesday, Sept. 20</p> <p>Lunch</p> <p>Cheeseburger Or Pancakes & Sausage w/Syrup Or Sandwich Choice</p> <p>Carrots & Cucumber Fruit Salad & Orange</p>	<p>Wednesday, Sept. 21</p> <p>Lunch</p> <p>Pepperoni Pizza Or Cheese Pizza Or Sandwich Choice</p> <p>Carrots & Cauliflower Pineapple Chunks & Sliced Apples</p>	<p>Thursday, Sept. 22</p> <p>Lunch</p> <p>Chicken Sandwich Or Corn Dog Or Sandwich Choice</p> <p>Carrots & Cucumber Fruit Salad & Grapes</p>	<p>Friday, Sept. 23</p> <p>Lunch</p> <p>Cheese Breadstick & Sauce Or Corn Dog Or Sandwich Choice Carrots & Red Pepper Strips Applesauce & Dessert</p>
<p>Monday, Sept. 26</p> <p>Lunch</p> <p>Chicken Nuggets Or Grilled Cheese Sandwich Or Sandwich Choice</p> <p>Carrots & Broccoli Peaches & Apples Dessert</p>	<p>Tuesday, Sept. 27</p> <p>Lunch</p> <p>Cheeseburger Or French Toast w/ Sausage Or Sandwich Choice</p> <p>Carrots & Cucumber Fruit Salad & Orange</p>	<p>Wednesday, Sept. 28</p> <p>Lunch</p> <p>Pepperoni Pizza Or Cheese Pizza Or Sandwich Choice</p> <p>Carrots & Cauliflower Pineapple Chunks & Sliced Apples</p>	<p>Thursday, Sept. 29</p> <p>Lunch</p> <p>Chicken Sandwich Or Hot Dog Or Sandwich Choice</p> <p>Carrots & Cucumber Fruit Salad & Grapes</p>	<p>Friday, Sept. 30</p> <p>Lunch</p> <p>Cheese Breadstick & Sauce Or Sloppy Joe Or Sandwich Choice Carrots & Red Pepper Strips Applesauce & Dessert</p>