

December 2022

K-7 Breakfast Menus

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

We wish you & your family a warm & happy holiday season!

Your UPSD

Nutrition Services Staff



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.

FUZZY MATH.

Doctors say we should try not to eat any trans fat at all. But if a food serving has less than .5 grams of trans fat, the label can claim zero grams. And if you eat 4 or 5 servings, that adds up. Want to be sure? If "partially hydrogenated" oil is listed in the ingredients, then the food definitely contains trans fat.

49 = 0??



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Thursday, December 1

Breakfast

Toast &
Cereal Choice
or
Whole Grain
Breakfast Bar

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Friday, December 2

Breakfast

Toast &
Cereal Choice
or
Banana Bread

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Monday, December 5

Breakfast

Toast &
Cereal Choice
or
Mini Maple
Waffle

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Tuesday, December 6

Breakfast

Toast &
Cereal Choice
or
Apple Cherry
Crunch Bar

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Wednesday, December 7

Breakfast

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

Thursday, December 8

Breakfast

Toast &
Cereal Choice
or
Pancakes &
Sausage w/Syrup

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Friday, December 9

Breakfast

Toast &
Cereal Choice
or
Zucchini Bread

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Holiday Honors

At this Holiday season, we'd like to say thanks to the men and women of the Police Department, Fire Department, and Emergency Medical Services who protect and save our lives every day throughout the year.

HELP WANTED!

Our Auxiliary Services Department is hiring Substitute Food Service workers, Custodians and Bus Drivers.
Flexible hours.
Location and pay range varies by need
Please visit www.UPSD83.org

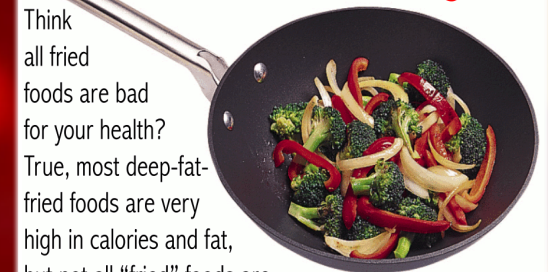
Happy Holidays!



Beware of Mistletoe!



Into the frying pan,
out of the fryer!



Think all fried foods are bad for your health? True, most deep-fat-fried foods are very high in calories and fat, but not all "fried" foods are created equal. Stir-frying uses only a little bit of healthful oil, like olive oil, and keeps veggies crispy and tasty and sliced lean meat or chicken flavorful and healthy!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, December 12	Tuesday, December 13	Wednesday, December 14	Thursday, December 15	Friday, December 16
Breakfast Toast & Cereal Choice or Chocolate Muffin Raisins Fruit & Yogurt Graham Crackers Milk & Juice	Breakfast Toast & Cereal Choice or Turkey Ham & Cheese Breakfast Sandwich Raisins Fruit & Yogurt Graham Crackers	Breakfast Toast & Cereal Choice or Cinnamon Roll Raisins Fruit & Yogurt Graham Crackers Milk & Juice	Breakfast Toast & Cereal Choice or Pancakes & Sausage w/Syrup Raisins Fruit & Yogurt Graham Crackers Milk & Juice	Breakfast Toast & Cereal Choice or Mini Blueberry Waffle Raisins Fruit & Yogurt Graham Crackers Milk & Juice



Time to turn the page!

Winter Holiday begins at the end of classes December 16, 2022

Classes resume January 3, 2023

We look forward to serving you in 2023!