

# December 2022

## K-7 Lunch Menus

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

### 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!**

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.*

Thursday, December 1

### Lunch

Chicken Sandwich  
OR  
Beef & Cheese Nachos  
Salad Bar  
Carrots & Cucumber  
Grapes & Fruit Salad  
Milk

Friday, December 2

### Lunch

Cheese Breadsticks w/Sauce  
OR  
Pancakes w/Sausage & Syrup  
Salad Bar  
Carrots & Red Pepper Strips  
Applesauce & Bananas  
Cookie & Milk

Monday, December 5

### Lunch

Chicken Nuggets  
OR  
Bean & Cheese Burrito  
  
Salad Bar  
Carrots & Broccoli  
Peaches & Apples  
Cookie & Milk

Tuesday, December 6

### Lunch

Beef Teriyaki Dippers w/Rice or Roll  
OR  
Chicken Drumstick  
Salad Bar  
Carrots & Cucumbers  
Orange & Fruit Salad  
Milk

Wednesday, December 7

### Lunch

Pepperoni Pizza  
OR  
Cheese Pizza  
  
Salad Bar  
Carrots & Cauliflower  
Apples & Pineapple Chunks  
Milk

Thursday, December 8

### Lunch

Chicken Sandwich  
OR  
Corn Dog  
  
Salad Bar  
Carrots & Cucumber  
Grapes & Fruit Salad  
Milk

Friday, December 9

### Lunch

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

## 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](http://www.UPSD83.org) and click on the "Employment" tab

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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, December 12

**Lunch**

Chicken Nuggets  
OR  
Macaroni & Cheese  
  
Salad Bar  
Carrots & Broccoli  
Peaches & Apples  
Cookie & Milk

Tuesday, December 13

**Lunch**

Cheeseburger  
OR  
Ham & Cheese  
Bread Ripper  
Salad Bar  
Carrots & Cucumbers  
Orange & Fruit Salad  
Milk

Wednesday, December 14

**Lunch**

Pepperoni Pizza  
OR  
Cheese Pizza  
  
Salad Bar  
Carrots & Cauliflower  
Apples & Pineapple Chunks  
Milk

Thursday, December 15

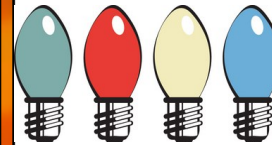
**Lunch**

Chicken Sandwich  
OR  
Pasta w/Meat Sauce & Breadstick  
  
Salad Bar  
Carrots & Cucumber  
Grapes & Fruit Salad  
Milk

Friday, December 16

**NO LUNCH**

*Winter Holiday Begins Today!*



'Tis the Season!



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!