Menus for
UPSD K-7 Breakfast February, 2023

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

SWEET DEAL.

The added sugar in soda delivers calories without nutrition -- and without satisfying your hunger. The natural sugar in fruit satisfies your sweet tooth with fewer calories, while providing fiber, nutrients, and vitamins, too!

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

NUTRITION TOGO

Eat fresh vegetables as soon as possible after they're purchased. Some veggies, like spinach and green beans, lose up to 75% of their vitamin C within a week of being harvested, even when kept in the refrigerator, and you don't know how many days they spent in transit and in the store.

A QUICK BITE FOR PARENTS

Weds., February 1	Thursday, February 2	Friday, February 3
Breakfast	**Breakfast**	**Breakfast**
Toast &	Toast &	Toast &
Cereal Choice OR	Cereal Choice	Cereal Choice
Mini Bagels w/	or	or
Strawberry Cream	Pancake on a Stick	Pumpkin Bread
Cheese		
Raisins	Raisins	Raisins
Fruit & Yogurt	Fruit & Yogurt	Fruit & Yogurt
Graham Crackers	Graham Crackers	Graham Crackers
Milk & Juice	Milk & Juice	Milk & Juice

Monday, February 6	Tuesday, February 7	Weds., February 8	Thursday, February 9	Friday, February 10
Breakfast	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**
Toast &	Toast &	Toast &	Toast &	Toast &
Cereal Choice	Cereal Choice	Cereal Choice	Cereal Choice	Cereal Choice
or	or	or	or	or
Chocolate Muffin	Turkey Ham &	Cinnamon Roll	Pancake & Sausage	Mini Blueberry
	Cheese Breakfast		w/Syrup	Waffle
	Sandwich			Raisins
Raisins	Raisins	Raisins		Fruit & Yogurt
Fruit & Yogurt	Fruit & Yogurt	Fruit & Yogurt	Fruit & Yogurt	Graham Crackers
Graham Crackers	Graham Crackers	Graham Crackers	Graham Crackers	Milk & Juice
Milk & Juice	Graham Crackers	Milk & Juice	Milk & Juice	
	Milk & Juice			

Word of the Month

in·i·tia·tive

n. 1. The ability to follow through energetically with a plan 2. enterprise and determination to begin a task and see it through

HAPPY VALENTINE'S DAY!

FEBRUARY 14

Help Wanted!
Our 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, February 13
Breakfast
Toast &
Cereal Choice
or
Blueberry Muffin

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Tuesday, February 14
Breakfast
Toast &
Cereal Choice
or
Breakfast Burrito

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Weds, February 15
Breakfast
Toast &
Cereal Choice
or
Buttermilk Bar

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Thursday, February 16
Breakfast
Toast &
Cereal Choice
or
Whole Grain
Breakfast Bar
Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Friday, February 17
No School

President's Day Holiday

PRESIDENTS DAY

NO SCHOOL TODAY

Tuesday, February 21
Breakfast
Toast &
Cereal Choice
or
Honey Bun

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Weds, February 22
Breakfast
Toast &
Cereal Choice OR
Mini Bagels w/
Strawberry Cream
Cheese
Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Thursday, February 23
Breakfast
Toast &
Cereal Choice
or
Pancake on a Stick

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Friday, February 24
Breakfast
Toast &
Cereal Choice
or
Pumpkin Bread

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Monday, February 27
Breakfast
Toast &
Cereal Choice
or
Chocolate Muffin

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Tuesday, February 28
Breakfast
Toast &
Cereal Choice
or
Turkey Ham &
Cheese Breakfast
Sandwich
Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

MATH WIZ

In 1925, after graduating from Indiana University and enlisting and serving in the First World War, Elbert Cox enrolled in Cornell University and became the first black person (in America or anywhere else) to earn a Ph.D. in Mathematics.

AFRICAN AMERICAN HISTORY MONTH

Learn more at https://news.cornell.edu/stories/2002/02/math-department-honors-cu-pioneer-elbert-cox-first-black-math-phd