

# Menus for

UPSD K-7 Lunch  
February, 2023



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

## 2022-23 Breakfast & Lunch 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.

## 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!**

### Weds., February 1

#### Lunch

Pepperoni Pizza

OR

Cheese Pizza

Salad Bar

Carrots &

Cauliflower

Apple Slices &

Pineapple Chunks

Milk

### Thursday, February 2

#### Lunch

Chicken Sandwich

OR

Hot Dog

Salad Bar

Carrots & Cucumber

Grapes &

Fruit Salad

Milk

### Friday, February 3

#### Lunch

Cheese Breadsticks

w/Sauce

OR

Sloppy Joe Sandwich

Salad Bar

Carrots &

Red Pepper Strips

Applesauce &

Bananas

Cookie & Milk

## NUTRITION TO GO

**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**

### Monday, February 6

#### Lunch

Chicken Nuggets

OR

Cheese Pizza

Quesadilla

Salad Bar

Carrots & Broccoli

Peaches &

Apple Slices

Cookie & Milk

### Tuesday, February 7

#### Lunch

Cheeseburger

OR

Chicken Soft Taco

Salad Bar

Carrots & Cucumber

Oranges &

Fruit Salad

Milk

### Weds., February 8

#### Lunch

Pepperoni Pizza

OR

Cheese Pizza

Salad Bar

Carrots &

Cauliflower

Apple Slices &

Pineapple Chunks

Milk

### Thursday, February 9

#### Lunch

Chicken Sandwich

OR

Beef & Cheese

Nachos

Salad Bar

Carrots & Cucumber

Grapes &

Fruit Salad

Milk

### Friday, February 10

#### Lunch

Cheese Breadsticks

w/Sauce

OR

Beef Teriyaki Dippers

with Rice or Breadstick

Salad Bar

Carrots &

Red Pepper Strips

Applesauce & Bananas

Cookie & Milk

## 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

**Monday, February 13**

**Lunch**

Chicken Nuggets  
OR  
Bean & Cheese  
Burrito

Salad Bar  
Carrots & Broccoli  
Peaches &  
Apple Slices  
Cookie & Milk

**Tuesday, February 14**

**Lunch**

Cheeseburger  
OR  
Chicken Drumstick &  
Breadstick

Salad Bar  
Carrots & Cucumber  
Oranges &  
Fruit Salad  
Milk

**Weds, February 15**

**Lunch**

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

**Thursday, February 16**

**Lunch**

Chicken Sandwich  
OR  
Corn Dog

Salad Bar  
Carrots & Cucumber  
Grapes &  
Fruit Salad  
Milk

**Friday, February 17**

**No  
School**

**President's  
Day  
Holiday**

**Tuesday, February 21**

**Lunch**

Cheeseburger  
OR  
Ham & Cheese  
Bread Ripper

Salad Bar  
Carrots & Cucumber  
Oranges &  
Fruit Salad  
Milk

**Weds, February 22**

**Lunch**

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

**Thursday, February 23**

**Lunch**

Chicken Sandwich  
OR  
Spaghetti w/Meat  
Sauce & Breadstick

Salad Bar  
Carrots & Cucumber  
Grapes &  
Fruit Salad  
Milk

**Friday, February 24**

**Lunch**

Cheese Breadsticks  
w/Sauce OR  
Sweet & Sour  
Chicken w/Rice  
Salad Bar  
Carrots &  
Red Pepper Strips  
Applesauce &  
Bananas  
Cookie & Milk



**NO SCHOOL  
TODAY**

**Monday, February 27**

**Lunch**

Chicken Nuggets  
OR  
Bean & Cheese  
Burrito

Salad Bar  
Carrots & Broccoli  
Peaches &  
Apple Slices  
Cookie & Milk

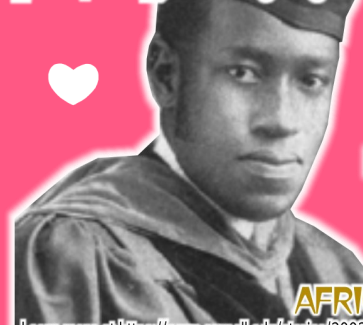
**Tuesday, February 28**

**Lunch**

Cheeseburger  
OR  
Teriyaki Chicken  
& Rice

Salad Bar  
Carrots & Cucumber  
Oranges &  
Fruit Salad  
Milk

**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>

**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](http://www.UPSD83.org)

to fill out an application.