

# Menu for June 2023



## UPSD K-7 Breakfast

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

**Monday, June 5**

**Breakfast**

Toast &  
Cereal Choice  
or  
Blueberry Muffin

Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

**Tuesday, June 6**

**Breakfast**

Toast &  
Cereal Choice  
or  
Breakfast Burrito

Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

**Wednesday, June 7**

**Breakfast**

Toast &  
Cereal Choice  
or  
Buttermilk Bar

Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

**Thursday, June 8**

**Breakfast**

Toast &  
Cereal Choice  
or  
Whole Grain  
Breakfast Bar  
Raisins

Fruit & Yogurt  
Graham Crackers  
Milk & Juice

**Friday, June 9**

**Breakfast**

Toast &  
Cereal Choice  
or  
Banana Bread

Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

**Thursday, June 1**

**Breakfast**

Toast &  
Cereal Choice  
or  
Pancake & Sausage  
w/Syrup

Fruit & Yogurt  
Graham Crackers  
Milk & Juice

**Friday, June 2**

**Breakfast**

Toast &  
Cereal Choice  
or  
Mini Blueberry  
Waffle  
Raisins

Fruit & Yogurt  
Graham Crackers  
Milk & Juice

Have a  
**GREAT SUMMER!**

Thanks for eating with us  
this year. We look forward  
to seeing you this Fall!

### NUTRITION TO GO

Most beef hot dogs contain  
between 10 and 16 grams of fat.  
Hot dogs made from chicken or  
turkey usually contain about 6 to 10  
grams. But if you choose lower-fat  
items to go along with it, you  
needn't worry about eating an  
occasional doggie this  
summer, no matter what  
its pedigree!

### A QUICK BITE FOR PARENTS

2022-23

#### Breakfast & Lunch Prices

Breakfast:

Grades K-4 - \$2.00

Grades 5-7 - \$2.25

Lunch:

Grades K-4 - \$3.50

Grades 5-7 - \$3.75

Milk Only - .70 cents

Students who qualify for  
Free or Reduced Price Meals:

No Charge for Breakfast  
& Lunch,  
.70 cents for milk ala carte.

**Monday, June 12**

**Breakfast**

Toast &  
Cereal Choice  
or  
Cook's Choice

Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

**Tuesday, June 13**

**Breakfast**

Toast &  
Cereal Choice  
or  
Cook's Choice

Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

**Wednesday, June 14**

**Breakfast**

Toast &  
Cereal Choice  
or  
Cook's Choice

Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

**Thursday, June 15**

**Breakfast**

Toast &  
Cereal Choice  
or  
Cook's Choice

Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

**Friday, June 16**

**Breakfast**

Toast &  
Cereal Choice  
or  
Cook's Choice

Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice