

Menu for June 2023



UPSD K-7 Lunch

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

Monday, June 5

Lunch

Chicken Nuggets
OR
Cheese Pizza
Quesadilla
Salad Bar
Carrots & Broccoli
Peaches &
Apple Slices
Cookie & Milk

Tuesday, June 6

Lunch

Cheeseburger
OR
Chicken Soft Taco

Salad Bar
Carrots & Cucumber
Oranges &
Fruit Salad
Milk

Wednesday, June 7

Lunch

Pepperoni Pizza
OR
Cheese Pizza

Salad Bar
Carrots &
Cauliflower
Apple Slices &
Pineapple Chunks
Milk

Thursday, June 8

Lunch

Chicken Sandwich
OR
Cook's Choice

Salad Bar
Carrots & Cucumber
Grapes &
Fruit Salad
Milk

Friday, June 9

Lunch

Cheese Breadsticks
w/Sauce
OR
Cook's Choice
Salad Bar
Carrots &
Red Pepper Strips
Applesauce &
Bananas
Cookie & Milk

Monday, June 12

Lunch

Chicken Nuggets
OR
Cook's Choice
Salad Bar
Carrots & Broccoli
Peaches &
Apple Slices
Cookie & Milk

Tuesday, June 13

Lunch

Cheeseburger
OR
Cook's Choice

Salad Bar
Carrots & Cucumber
Oranges &
Fruit Salad
Milk

Wednesday, June 14

Lunch

Pepperoni Pizza
OR
Cheese Pizza

Salad Bar
Carrots &
Cauliflower
Apple Slices &
Pineapple Chunks
Milk

Thursday, June 15

Lunch

Chicken Sandwich
OR
Cook's Choice

Salad Bar
Carrots & Cucumber
Grapes &
Fruit Salad
Milk

Friday, June 16

Last Day of
School
Early Release

No
Lunch
Served

Thursday, June 1

Lunch

Chicken Sandwich
OR
Hot Dog

Salad Bar
Carrots & Cucumber
Grapes &
Fruit Salad
Milk

Friday, June 2

Lunch

Cheese Breadsticks
w/Sauce OR
Sloppy Joe

Salad Bar
Carrots &
Red Pepper Strips
Applesauce &
Bananas
Cookie & Milk

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.