()UR NATION'S ISTORY



WITH

LIBERTY

eginning with a severe famine in the 1840's, millions of Irish people came to America seeking a better life and greater freedom. By the late 1800's, New York had a larger population of people born in Ireland than did Dublin, the Irish capital. Today, more than 30 million Americans claim Irish heritage, more than seven times the entire population of Ireland itself.

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

UPSD K-7

March 2023

Lunch Menu

2023

This institution is an equal opportunity provider. Menus are subject to change.						
Y			Wednesday, March 1	Thursday, March 2	Friday, March 3	RRFAK
			<u>Lunch</u>	<u>Lunch</u>	Lunch	DINCAN
		/hen a rooster finds	Pepperoni Pizza	Chicken Sandwich	Cheese Breadsticks	
something good to eat in		OR	OR	w/Sauce		
	the course of making his rounds, he will often call his flock over to eat first		Cheese Pizza	Hot Dog	OR	Hey, why do you think it's
					Sloppy Joe Sandwich	called BREAKfast? A breakfast sandwich of an egg, a slice of lean ham, and a
before he eats. He even has a special call to let the hens		Salad Bar	Salad Bar	Salad Bar	piece of cheese on a whole-wheat English	
		Carrots &	Carrots & Cucumber	Carrots &	muffin, with an orange and lowfat milk, provides	
know that he has found something tasty. So the next time someone accuses			Cauliflower	Grapes &	Red Pepper Strips	a delicious variety of foods, and only about 550
you of having barnyard manners, tell them thanks!			Apple Slices &	Fruit Salad	Applesauce &	calories. Keeps you feeling full, too. Enjoy!
		Pineapple Chunks	Milk	Bananas	EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.	
ANIMAL APPETITES		Milk		Cookie & Milk	WELLNESS IS A WAY OF LIFE!	
	IZEIZ		HERE		Z F J Z F	
	Monday, March 6	Tuesday, March 7	Wednesday, March 8	Thursday, March 9	Friday, March 10	
	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	ueg revewelt
	<u>Lunch</u> Chicken Nuggets	<u>Lunch</u> Cheeseburger	<u>Lunch</u> Pepperoni Pizza	<u>Lunch</u> Chicken Sandwich	Lunch Cheese Breadsticks	te entit eruccen
	<u>Lunch</u> Chicken Nuggets OR	<u>Lunch</u> Cheeseburger OR	<u>Lunch</u> Pepperoni Pizza OR	<u>Lunch</u> Chicken Sandwich OR	<u>Lunch</u> Cheese Breadsticks w/Sauce	
	Lunch Chicken Nuggets OR Cheese Pizza	<u>Lunch</u> Cheeseburger	<u>Lunch</u> Pepperoni Pizza	<u>Lunch</u> Chicken Sandwich OR Beef & Cheese	Lunch Cheese Breadsticks w/Sauce OR	te entit eruccen gezuch rucy
	<u>Lunch</u> Chicken Nuggets OR	<u>Lunch</u> Cheeseburger OR Chicken Soft Taco	<u>Lunch</u> Pepperoni Pizza OR Cheese Pizza	<u>Lunch</u> Chicken Sandwich OR	<u>Lunch</u> Cheese Breadsticks w/Sauce OR Beef Teriyaki Dippers	your house, don't forzet
	<u>Lunch</u> Chicken Nuggets OR Cheese Pizza Quesadilla	<u>Lunch</u> Cheeseburger OR Chicken Soft Taco Salad Bar	<u>Lunch</u> Pepperoni Pizza OR Cheese Pizza Salad Bar	Lunch Chicken Sandwich OR Beef & Cheese Nachos	<u>Lunch</u> Cheese Breadsticks w/Sauce OR Beef Teriyaki Dippers with Rice or	neessure time at your house, don't forzet to move the
	<u>Lunch</u> Chicken Nuggets OR Cheese Pizza Quesadilla Salad Bar	<u>Lunch</u> Cheeseburger OR Chicken Soft Taco Salad Bar Carrots & Cucumber	<u>Lunch</u> Pepperoni Pizza OR Cheese Pizza Salad Bar Carrots &	<u>Lunch</u> Chicken Sandwich OR Beef & Cheese Nachos Salad Bar	<u>Lunch</u> Cheese Breadsticks w/Sauce OR Beef Teriyaki Dippers with Rice or Breadstick	your house, don't forzet
	<u>Lunch</u> Chicken Nuggets OR Cheese Pizza Quesadilla Salad Bar Carrots & Broccoli	<u>Lunch</u> Cheeseburger OR Chicken Soft Taco Salad Bar Carrots & Cucumber Oranges &	<u>Lunch</u> Pepperoni Pizza OR Cheese Pizza Salad Bar Carrots & Cauliflower	Lunch Chicken Sandwich OR Beef & Cheese Nachos Salad Bar Carrots & Cucumber	<u>Lunch</u> Cheese Breadsticks w/Sauce OR Beef Teriyaki Dippers with Rice or Breadstick Salad Bar	measura time at your house, don't forget to move the clocks ahead
	<u>Lunch</u> Chicken Nuggets OR Cheese Pizza Quesadilla Salad Bar Carrots & Broccoli Peaches &	<u>Lunch</u> Cheeseburger OR Chicken Soft Taco Salad Bar Carrots & Cucumber Oranges & Fruit Salad	Lunch Pepperoni Pizza OR Cheese Pizza Salad Bar Carrots & Cauliflower Apple Slices &	<u>Lunch</u> Chicken Sandwich OR Beef & Cheese Nachos Salad Bar Carrots & Cucumber Grapes &	<u>Lunch</u> Cheese Breadsticks w/Sauce OR Beef Teriyaki Dippers with Rice or Breadstick Salad Bar Carrots &	measure time at your house, don't forget to move the clocks ahead one hour on
	<u>Lunch</u> Chicken Nuggets OR Cheese Pizza Quesadilla Salad Bar Carrots & Broccoli	<u>Lunch</u> Cheeseburger OR Chicken Soft Taco Salad Bar Carrots & Cucumber Oranges &	<u>Lunch</u> Pepperoni Pizza OR Cheese Pizza Salad Bar Carrots & Cauliflower	Lunch Chicken Sandwich OR Beef & Cheese Nachos Salad Bar Carrots & Cucumber	<u>Lunch</u> Cheese Breadsticks w/Sauce OR Beef Teriyaki Dippers with Rice or Breadstick Salad Bar	measura time at your house, don't forget to move the clocks ahead

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DON'T4GETI	Monday, March 13	Tuesday, March 14	Wednesday, March 15	Thursday, March 16	Friday, March 17	
	Lunch	<u>Lunch</u>	Lunch	Lunch	Lunch	
To make a lunch,	Chicken Nuggets	Chicken Drumstick	Pepperoni Pizza	Chicken Sandwich	Cheese Breadsticks	
🔰 choose at least one 🚺	OR	& Breadstick	OR	OR	w/Sauce OR	
	Bean & Cheese	OR	Cheese Pizza	Corn Dog	Beef Soft Taco	
Fruit/Juice OF Veggie	Burrito	Cheeseburger	Salad Bar	Salad Bar	Salad Bar Carrots &	
	Salad Bar	Salad Bar	Carrots &	Carrots & Cucumber	Red Pepper Strips	
	Carrots & Broccoli	Carrots & Cucumber	Cauliflower	Grapes &	Applesauce &	
	Peaches &	Oranges &	Apple Slices &	Fruit Salad	Bananas	
Grains Milk Protein	Apple Slices	Fruit Salad	Pineapple Chunks	Milk	Cookie & Milk	-
and 3-5	Cookie & Milk	Milk	Milk			
Fruit/Juice Rems Vegetables						1
tota	Monday, March 20	Tuesday, March 21	Wednesday, March 22	Thursday, March 23	Friday, March 24	X
	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	- / -
	Chicken Nuggets	Cheeseburger	Pepperoni Pizza	Chicken Sandwich	Cheese Breadsticks	
	OR	OR	OR	OR	w/Sauce OR	
	Macaroni & Cheese	Ham & Cheese	Cheese Pizza	Spaghetti w/Meat	Sweet & Sour	ノ
		Bread Ripper		Sauce & Breadstick	Chicken w/Rice	
	Salad Bar		Salad Bar		Salad Bar	2
2022-23 Breakfast & Lunch Prices	Carrots & Broccoli	Salad Bar	Carrots &	Salad Bar	Carrots &	
Breakfast:	Peaches &	Carrots & Cucumber	Cauliflower	Carrots & Cucumber	Red Pepper Strips	ノ
Grades K-4 - \$2.00	Apple Slices	Oranges &	Apple Slices &	Grapes &	Applesauce &	
Grades 5-7 - \$2.25	Cookie & Milk	Fruit Salad	Pineapple Chunks	Fruit Salad Milk	Bananas Cookie & Milk	
$\frac{90}{\text{Lunch:}}$		Milk	Milk	IVIIIK		
Grades K-4 – \$3.50	Monday, March 27	Tuesday, March 28	Wednesday, March 29	Thursday, March 30	Friday, March 31	30
Grades 5-7 - \$3.75	Lunch	Lunch	Lunch	<u>Lunch</u>	Lunch	
Milk Only70 cents	Chicken Nuggets	Cheeseburger	Pepperoni Pizza	Chicken Sandwich	Cheese Breadsticks	
	OR	OR	OR	OR	w/Sauce	
Students who qualify for	Bean & Cheese	Teriyaki Chicken	Cheese Pizza	Hot Dog	OR	
Students who qualify for Free or Reduced Price Meals:	Burrito	& Rice		-	Sloppy Joe Sandwich	
			Salad Bar	Salad Bar	Salad Bar	
No Charge for Breakfast & Lunch, . 70 cents for milk ala carte.	Salad Bar	Salad Bar	Carrots &	Carrots & Cucumber	Carrots &	
TO CENTS FOR MILK ala carte.	Carrots & Broccoli	Carrots & Cucumber	Cauliflower	Grapes &	Red Pepper Strips	-1-
	Peaches &	Oranges &	Apple Slices &	Fruit Salad	Applesauce &	
	Apple Slices	Fruit Salad	Pineapple Chunks	Milk	Bananas	-/-
	Cookie & Milk	Milk	Milk		Cookie & Milk	
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