


March 2023 Lunch Menu 2023



UPSD K-7

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

OUR NATION'S HISTORY



Beginning 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.

WITH LIBERTY & JUSTICE FOR ALL

BARNYARD MANNERS



When a rooster finds something good to eat in the course of making his rounds, he will often call his flock over to eat first before he eats. He even has a special call to let the hens know that he has found

something tasty. So the next time someone accuses you of having barnyard manners, tell them thanks!

ANIMAL APPETITES

Wednesday, March 1

Lunch

Pepperoni Pizza
OR
Cheese Pizza

Salad Bar
Carrots &
Cauliflower
Apple Slices &
Pineapple Chunks
Milk

Thursday, March 2

Lunch

Chicken Sandwich
OR
Hot Dog

Salad Bar
Carrots & Cucumber
Grapes &
Fruit Salad
Milk

Friday, March 3

Lunch

Cheese Breadsticks
w/Sauce
OR
Sloppy Joe Sandwich
Salad Bar
Carrots &
Red Pepper Strips
Applesauce &
Bananas
Cookie & Milk



BREAK AN EGG.

Hey, why do you think it's called BREAKfast? A breakfast sandwich of an egg, a slice of lean ham, and a piece of cheese on a whole-wheat English muffin, with an orange and lowfat milk, provides a delicious variety of foods, and only about 550 calories. Keeps you feeling full, too. Enjoy!

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

Monday, March 6

Lunch

Chicken Nuggets
OR
Cheese Pizza
Quesadilla

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

Tuesday, March 7

Lunch

Cheeseburger
OR
Chicken Soft Taco

Salad Bar
Carrots & Cucumber
Oranges &
Fruit Salad
Milk

Wednesday, March 8

Lunch

Pepperoni Pizza
OR
Cheese Pizza

Salad Bar
Carrots &
Cauliflower
Apple Slices &
Pineapple Chunks
Milk

Thursday, March 9

Lunch

Chicken Sandwich
OR
Beef & Cheese
Nachos

Salad Bar
Carrots & Cucumber
Grapes &
Fruit Salad
Milk

Friday, March 10

Lunch

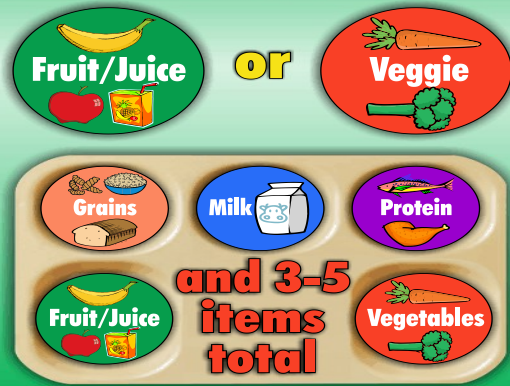
Cheese Breadsticks
w/Sauce
OR
Beef Teriyaki Dippers
with Rice or
Breadstick
Salad Bar
Carrots &
Red Pepper Strips
Applesauce &



However you measure time at your house, don't forget to move the clocks ahead one hour on March 12!

DON'T GET!

To make a lunch,
choose at least one



Monday, March 13

Lunch

Chicken Nuggets
OR
Bean & Cheese
Burrito

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

Tuesday, March 14

Lunch

Chicken Drumstick
& Breadstick
OR
Cheeseburger

Salad Bar
Carrots & Cucumber
Oranges &
Fruit Salad
Milk

Wednesday, March 15

Lunch

Pepperoni Pizza
OR
Cheese Pizza

Salad Bar
Carrots &
Cauliflower
Apple Slices &
Pineapple Chunks
Milk

Thursday, March 16

Lunch

Chicken Sandwich
OR
Corn Dog

Salad Bar
Carrots & Cucumber
Grapes &
Fruit Salad
Milk

Friday, March 17

Lunch

Cheese Breadsticks
w/Sauce OR
Beef Soft Taco
Salad Bar
Carrots &
Red Pepper Strips
Applesauce &
Bananas
Cookie & Milk

Monday, March 20

Lunch

Chicken Nuggets
OR
Macaroni & Cheese

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

Tuesday, March 21

Lunch

Cheeseburger
OR
Ham & Cheese
Bread Ripper

Salad Bar
Carrots & Cucumber
Oranges &
Fruit Salad
Milk

Wednesday, March 22

Lunch

Pepperoni Pizza
OR
Cheese Pizza

Salad Bar
Carrots &
Cauliflower
Apple Slices &
Pineapple Chunks
Milk

Thursday, March 23

Lunch

Chicken Sandwich
OR
Spaghetti w/Meat
Sauce & Breadstick

Salad Bar
Carrots & Cucumber
Grapes &
Fruit Salad
Milk

Friday, March 24

Lunch

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

Monday, March 27

Lunch

Chicken Nuggets
OR
Bean & Cheese
Burrito

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

Tuesday, March 28

Lunch

Cheeseburger
OR
Teriyaki Chicken
& Rice

Salad Bar
Carrots & Cucumber
Oranges &
Fruit Salad
Milk

Wednesday, March 29

Lunch

Pepperoni Pizza
OR
Cheese Pizza

Salad Bar
Carrots &
Cauliflower
Apple Slices &
Pineapple Chunks
Milk

Thursday, March 30

Lunch

Chicken Sandwich
OR
Hot Dog

Salad Bar
Carrots & Cucumber
Grapes &
Fruit Salad
Milk

Friday, March 31

Lunch

Cheese Breadsticks
w/Sauce
OR
Sloppy Joe Sandwich
Salad Bar
Carrots &
Red Pepper Strips
Applesauce &
Bananas
Cookie & Milk

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.