



Breakfast Menus **May 2023**

UPSD Grades K-7

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

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

Monday, May 1

Breakfast
Toast &
Cereal Choice
or
Blueberry Muffin

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Tuesday, May 2

Breakfast
Toast &
Cereal Choice
or
Breakfast Burrito

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Wednesday, May 3

Breakfast
Toast &
Cereal Choice
or
Buttermilk Bar

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Thursday, May 4

Breakfast
Toast &
Cereal Choice
or
Whole Grain
Breakfast Bar

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Friday, May 5

Breakfast
Toast &
Cereal Choice
or
Banana Bread

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Monday, May 8

Breakfast
Toast &
Cereal Choice
or
Mini Maple Waffle

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Tuesday, May 9

Breakfast
Toast &
Cereal Choice
or
Honey Bun

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Wednesday, May 10

Breakfast
Toast &
Cereal Choice OR
Mini Bagels w/
Strawberry Cream
Cheese

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Thursday, May 11

Breakfast
Toast &
Cereal Choice
or
Pancake on a Stick

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Friday, May 12

Breakfast
Toast &
Cereal Choice
or
Pumpkin Bread

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice



Cinco de Mayo (Spanish for "May Fifth") is a time to celebrate Mexican-American food and culture in the U.S. It's a much bigger deal here than it is in Mexico!



HELP WANTED!

UPSD 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 to fill out an application.

Monday, May 15

Breakfast
Toast & Cereal Choice
or
Chocolate Muffin

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Tuesday, May 16

Breakfast
Toast & Cereal Choice
or
Turkey Ham & Cheese Breakfast Sandwich
Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Wednesday, May 17

Breakfast
Toast & Cereal Choice
or
Cinnamon Roll

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Thursday, May 18

Breakfast
Toast & Cereal Choice
or
Pancake & Sausage w/Syrup

Fruit & Yogurt
Graham Crackers
Milk & Juice

Friday, May 19

Breakfast
Toast & Cereal Choice
or
Mini Blueberry Waffle
Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Monday, May 22

Breakfast
Toast & Cereal Choice
or
Blueberry Muffin

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Tuesday, May 23

Breakfast
Toast & Cereal Choice
or
Breakfast Burrito

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Wednesday, May 24

Breakfast
Toast & Cereal Choice
or
Buttermilk Bar

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Thursday, May 25

Breakfast
Toast & Cereal Choice
or
Whole Grain Breakfast Bar
Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Friday, May 26

Breakfast
Toast & Cereal Choice
or
Banana Bread

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Monday, May 29

MEMORIAL DAY
NO SCHOOL TODAY

Tuesday, May 30

Breakfast
Toast & Cereal Choice
or
Honey Bun

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Wednesday, May 31

Breakfast
Toast & Cereal Choice OR
Mini Bagels w/
Strawberry Cream
Cheese
Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

GET DOWN WITH THE BROWN.

Whole grain foods (which are usually brown) are better for you than the white stuff. So when you can, try to choose whole wheat pasta and bread, whole grain cereal, and brown rice.



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