



Lunch Menus for **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

Lunch

Chicken Nuggets
OR
Bean & Cheese
Burrito

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

Tuesday, May 2

Lunch

Cheeseburger
OR
Teriyaki Chicken
& Rice

Salad Bar
Carrots & Cucumber
Oranges &
Fruit Salad
Milk

Wednesday, May 3

Lunch

Pepperoni Pizza
OR
Cheese Pizza

Salad Bar
Carrots &
Cauliflower
Apple Slices &
Pineapple Chunks
Milk

Thursday, May 4

Lunch

Chicken Sandwich
OR
Hot Dog

Salad Bar
Carrots & Cucumber
Grapes &
Fruit Salad
Milk

Friday, May 5

Lunch

Cheese Breadsticks
w/Sauce OR
Sloppy Joe

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

Monday, May 8

Lunch

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

Tuesday, May 9

Lunch

Cheeseburger
OR
Chicken Soft Taco

Salad Bar
Carrots & Cucumber
Oranges &
Fruit Salad
Milk

Wednesday, May 10

Lunch

Pepperoni Pizza
OR
Cheese Pizza

Salad Bar
Carrots &
Cauliflower
Apple Slices &
Pineapple Chunks
Milk

Thursday, May 11

Lunch

Chicken Sandwich
OR
Beef & Cheese
Nachos

Salad Bar
Carrots & Cucumber
Grapes &
Fruit Salad
Milk

Friday, May 12

Lunch

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

CINCO de MAYO

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

Lunch
 Chicken Nuggets
 OR
 Grilled Cheese Sandwich

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

Tuesday, May 16

Lunch
 Cheeseburger
 OR
 Chicken Drumstick & Breadstick

Salad Bar
 Carrots & Cucumber
 Oranges &
 Fruit Salad
 Milk

Wednesday, May 17

Lunch
 Pepperoni Pizza
 OR
 Cheese Pizza

Salad Bar
 Carrots &
 Cauliflower
 Apple Slices &
 Pineapple Chunks
 Milk

Thursday, May 18

Lunch
 Chicken Sandwich
 OR
 Corn Dog

Salad Bar
 Carrots & Cucumber
 Grapes &
 Fruit Salad
 Milk

Friday, May 19

Lunch
 Cheese Breadsticks w/Sauce OR
 Beef Soft Taco

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

Monday, May 22

Lunch
 Chicken Nuggets
 OR
 Macaroni & Cheese

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

Tuesday, May 23

Lunch
 Cheeseburger
 OR
 Ham & Cheese Bread Ripper

Salad Bar
 Carrots & Cucumber
 Oranges &
 Fruit Salad
 Milk

Wednesday, May 24

Lunch
 Pepperoni Pizza
 OR
 Cheese Pizza

Salad Bar
 Carrots &
 Cauliflower
 Apple Slices &
 Pineapple Chunks
 Milk

Thursday, May 25

Lunch
 Chicken Sandwich
 OR
 Spaghetti w/Meat Sauce & Breadstick

Salad Bar
 Carrots & Cucumber
 Grapes &
 Fruit Salad
 Milk

Friday, May 26

Lunch
 Cheese Breadsticks w/Sauce OR
 Sweet & Sour Chicken w/Rice

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

Monday, May 29

MEMORIAL DAY NO SCHOOL TODAY

Tuesday, May 30

Lunch
 Cheeseburger
 OR
 Teriyaki Chicken & Rice

Salad Bar
 Carrots & Cucumber
 Oranges &
 Fruit Salad
 Milk

Wednesday, May 31

Lunch
 Pepperoni Pizza
 OR
 Cheese Pizza

Salad Bar
 Carrots &
 Cauliflower
 Apple Slices &
 Pineapple Chunks
 Milk

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!