

Menus for May 2023

CJHS & CHS Lunch Menus

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

- Junior & Senior High School

Meal Prices:

Breakfast:

Grades 8-12 — \$2.50

Lunch:

Grades 8-12 — \$4.00

Milk Only — .70 cents

Students who qualify for Free
or Reduced Price Meals:

No Charge for Breakfast & Lunch

Milk ala carte—.70 cents

HELP WANTED!

UPSD Auxiliary Services Dept. 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.

Available Daily

Cheese OR Pepperoni Pizza

Hamburgers or Cheeseburgers

Chicken Burgers

Nachos

Soft Tacos

Chicken or Beef Nuggets

Fresh Fruits & Vegetables

Deli Express Sandwiches
(Curtis High School Only)

Mother's Day is Sunday, May 14

Don't forget Mom!



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!

Featured Daily Specials

Monday

Orange Chicken OR Corn Dog

Tuesday

Teriyaki Beef Dippers OR
BBQ Rib Sandwich

Wednesday

Macaroni & Cheese OR
Chicken Strips

Thursday

Pasta Bar OR
Bean & Cheese Burrito

Friday

Baked Potato Bar OR
Grilled Cheese Sandwich