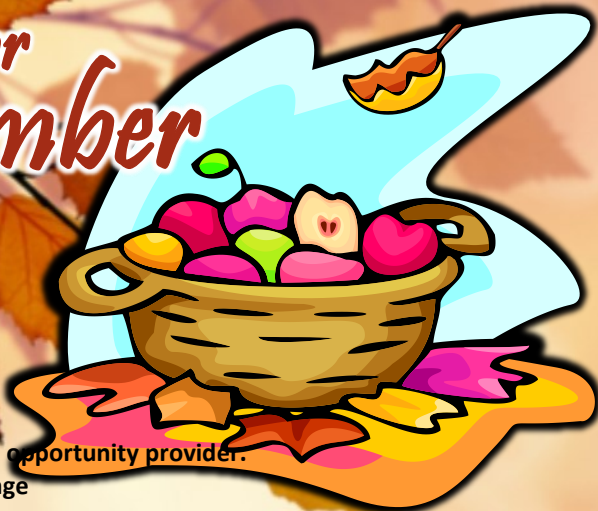


# Menus for November 2022



## Supply and demand. And cost.

We're trying to continue to operate as close to our pre-pandemic level as possible. But, like the restaurant and food service sector generally, we're facing unprecedented supply chain challenges. Sometimes we may have to substitute an item at the last minute to give our customers the best, freshest options available that day. Plus our food costs are sky-high, as you probably understand from your own trips to the grocery store. We thank our parents and kids in advance for your on-going understanding of this situation!

**School Meals**  
We serve education every day™

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

*University  
Place School  
District  
Primary and  
Intermediate  
Schools  
**BREAKFAST**  
menus*

**Tuesday, November 1**

**Breakfast**

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

**Wed., November 2**

**Breakfast**

Toast &  
Cereal Choice  
or  
Cinnamon Roll  
  
Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

**Thurs., November 3**

**Breakfast**

Toast &  
Cereal Choice  
or  
Pancakes &  
Sausage w/Syrup  
Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

**Friday, November 4**

**Breakfast**

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



**Monday, November 7**

**Breakfast**

Toast &  
Cereal Choice  
or  
Blueberry Muffin  
  
Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

**Tuesday, November 8**

**Breakfast**

Toast &  
Cereal Choice  
or  
Breakfast Burrito  
  
Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

**Wed., November 9**

**Breakfast**

Toast &  
Cereal Choice  
or  
Buttermilk Bar  
  
Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

**Thurs., November 10**

**Breakfast**

Toast &  
Cereal Choice  
or  
Snack Bar  
  
Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

**Friday, November 11**



**Veteran's Day  
No School  
Today**

**NUTRITION TO GO**

**Cheese is a big source of fat in a typical American's diet. A bagel sandwich with lean ham, scrambled egg, and one slice of American cheese contains about 12 grams of fat and 5 grams of saturated fat. The same bagel without cheese contains 6 grams of fat and 1 gram of saturated fat.**

**A QUICK BITE FOR PARENTS**

## Breakfast & Lunch Prices:

### Breakfast:

Grades K-4 – \$2.00

Grades 5-7 – \$2.25

Grades 8-12 – \$2.50

### Lunch:

Grades K-4 – \$3.50

Grades 5-7 – \$3.75

Grades 8-12 – \$4.00

Milk Only – .70 cents

Students who qualify for  
Free or Reduced Price Meals:

No Charge for Breakfast & Lunch

.70 cents for milk ala carte.



Mon., November 14

### Breakfast

Toast &  
Cereal Choice  
or  
Mini Maple Waffle

Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

Tues., November 15

### Breakfast

Toast &  
Cereal Choice  
or  
Apple Cherry  
Crunch Bar

Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

Wed., November 16

### Breakfast

Toast &  
Cereal Choice  
or  
Mini Bagels w/  
Strawberry Cream  
Cheese  
Raisins

Fruit & Yogurt  
Graham Crackers  
Milk & Juice

Thurs., November 17

### Breakfast

Toast &  
Cereal Choice  
or  
Pancake on a Stick

Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

Friday, November 18

### Breakfast

Toast &  
Cereal Choice  
or  
Zucchini Bread

Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

Mon., November 21

### Breakfast

Toast &  
Cereal Choice  
or  
Chocolate Muffin

Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

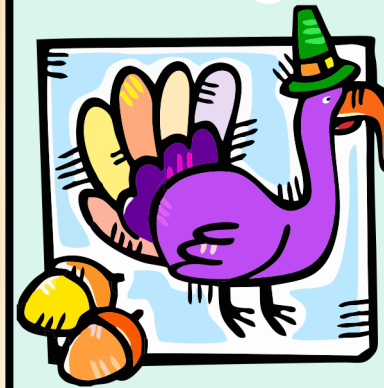
Tues., November 22

### Breakfast

Toast &  
Cereal Choice  
or  
Breakfast Sandwich

Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

## Thanksgiving Beak Break!



See you beak  
back here  
on Monday,  
November 28!

## HELP WANTED!

Our Auxiliary Services  
Department  
is hiring Substitute  
Food Service workers,  
Custodians and Bus Drivers.  
Flexible hours.  
Location varies by need  
Please visit [www.UPSD83.org](http://www.UPSD83.org)  
and click on the  
"Employment" tab  
to see job and pay details and  
to fill out an application.

Mon., November 28

### Breakfast

Toast &  
Cereal Choice  
or  
Blueberry Muffin

Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

Tues., November 29

### Breakfast

Toast &  
Cereal Choice  
or  
Breakfast Burrito

Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

Wed., November 30

### Breakfast

Toast &  
Cereal Choice  
or  
Buttermilk Bar

Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

AMERICAN COUGARS GROW UP  
TO **8 FEET LONG** AND CAN  
WEIGH **200 POUNDS**, BUT  
THEY AREN'T CONSIDERED ONE  
OF THE "BIG CATS" BECAUSE  
**THEY CAN'T ROAR.** THE  
SOUNDS THEY MAKE ARE THE SAME  
PURRS, SCREAMS, HISSSES, AND LOW-  
PITCHED GROWLS THAT **THE FAMILY  
CAT MAKES- ONLY LOUDER!**

**STRANGE  
BUT TRUE!**

