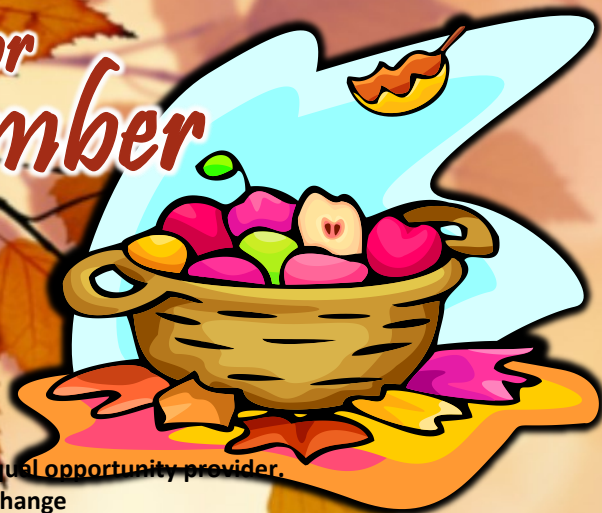


# Menus for November 2022



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

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

**Tuesday, November 1**

**Lunch**

Cheeseburger  
OR  
Chicken Soft Taco

Salad Bar  
Carrots &  
Cucumbers  
Orange &  
Fruit Salad  
Milk

**Wed., November 2**

**Lunch**

Pepperoni Pizza  
OR  
Cheese Pizza

Salad Bar  
Carrots &  
Cauliflower  
Apples &  
Pineapple Chunks  
Milk

**Thurs., November 3**

**Lunch**

Chicken Sandwich  
OR  
Beef & Cheese  
Nachos

Salad Bar  
Carrots &  
Cucumber  
Grapes &  
Fruit Salad  
Milk

**Friday, November 4**

**Lunch**

Cheese Breadsticks  
w/Sauce  
OR  
Pancakes w/Sausage

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

**Monday, November 7**

**Lunch**

Chicken Nuggets  
OR  
Bean & Cheese  
Burrito

Salad Bar  
Carrots & Broccoli  
Peaches & Apples  
Cookie & Milk

**Tuesday, November 8**

**Lunch**

Beef Teriyaki  
Dippers w/  
Rice or Roll  
OR  
Chicken Drumstick

Salad Bar  
Carrots &  
Cucumbers  
Orange &  
Fruit Salad  
Milk

**Wed., November 9**

**Lunch**

Pepperoni Pizza  
OR  
Cheese Pizza

Salad Bar  
Carrots &  
Cauliflower  
Apples &  
Pineapple Chunks  
Milk

**Thurs., November 10**

**Lunch**

Chicken Sandwich  
OR  
Corn Dog

Salad Bar  
Carrots &  
Cucumber  
Grapes &  
Fruit Salad  
Milk

**Friday, November 11**



**Veteran's Day  
No School  
Today**

## 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™*



## 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

### Lunch

Chicken Nuggets  
OR  
Macaroni &  
Cheese

Salad Bar  
Carrots & Broccoli  
Peaches & Apples  
Cookie & Milk

Tues., November 15

### Lunch

Cheeseburger  
OR  
Ham & Cheese  
Ripper

Salad Bar  
Carrots &  
Cucumber  
Orange &  
Fruit Salad  
Milk

Wed., November 16

### Lunch

Pepperoni Pizza  
OR  
Cheese Pizza

Salad Bar  
Carrots &  
Cauliflower  
Apples &  
Pineapple Chunks  
Milk

Thurs., November 17

### Lunch

Chicken Sandwich  
OR  
Pasta w/Meat Sauce  
& Breadstick

Salad Bar  
Carrots & Cucumber  
Grapes &  
Fruit Salad  
Milk

Friday, November 18

### Lunch

Cheese Bread Sticks  
w/Sauce  
OR

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

Mon., November 21

### Lunch

Chicken Nuggets  
OR  
Grilled Cheese  
Sandwich

Salad Bar  
Carrots & Broccoli  
Peaches & Apples  
Cookie & Milk

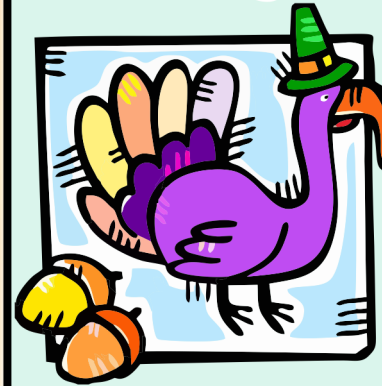
Tues., November 22

### Lunch

Cheeseburger  
OR  
Chicken Gravy w/  
Potatoes & Roll

Salad Bar  
Carrots & Cucumber  
Orange &  
Fruit Salad  
Milk

## 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

### Lunch

Chicken Nuggets  
OR  
Cheese Pizza  
Quesadilla

Salad Bar  
Carrots & Broccoli  
Peaches & Apples  
Cookie & Milk

Tues., November 29

### Lunch

Cheeseburger  
OR  
Chicken Soft Taco

Salad Bar  
Carrots &  
Cucumber  
Orange &  
Fruit Salad  
Milk

Wed., November 30

### Lunch

Pepperoni Pizza  
OR  
Cheese Pizza

Salad Bar  
Carrots &  
Cauliflower  
Apples &  
Pineapple Chunks  
Milk

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, HISSES, AND LOW-PITCHED GROWLS THAT **THE FAMILY CAT MAKES- ONLY LOUDER!**



**STRANGE**  
**BUT TRUE!**