This ins	itution is an equ	l opportunity provider.
Menus	are subject to cha	nge

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Menus for

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!



		Tuesday, November 1	Wed., November 2	Thurs., November 3	Friday, November 4	
	University	Lunch	Lunch	<u>Lunch</u>	Lunch	Native American
	Place School	Cheeseburger	Pepperoni Pizza	Chicken Sandwich	Cheese Breadsticks	Native American
		OR	OR	OR	w/Sauce	Haritzan Mande
	District	Chicken Soft Taco	Cheese Pizza	Beef & Cheese	OR	🦾 🗍 eritage Month
	Primary and			Nachos	Pancakes w/Sausage	
		Salad Bar	Salad Bar	Salad Bar	Salad Bar	
	Intermediate	Carrots &	Carrots &	Carrots &	Carrots &	
	Schools	Cucumbers	Cauliflower	Cucumber	Red Pepper Strips	
	οιιλισμ	Orange &	Apples &	Grapes &	Applesauce &	
	LUNCH	Fruit Salad	Pineapple Chunks	Fruit Salad	Bananas	
	menus	Milk	Milk	Milk	Cookie & Milk	Normhan 2022
						November 2022
	Monday, November 7	Tuesday, November 8	Wed., November 9	Thurs., November 10	Friday, November 11	
	Monday, November 7 <u>Lunch</u>	Tuesday, November 8 <u>Lunch</u>	Wed., November 9 <u>Lunch</u>	Thurs., November 10 <u>Lunch</u>	Friday, November 11	
					Friday, November 11	NUTRIMONTOGO
	<u>Lunch</u>	Lunch	<u>Lunch</u>	<u>Lunch</u>	Friday, November 11	NUTRIMON/7050
	<u>Lunch</u> Chicken Nuggets	<u>Lunch</u> Beef Teriyaki	<u>Lunch</u> Pepperoni Pizza	<u>Lunch</u> Chicken Sandwich OR	Friday, November 11	Cheese is a big source of fat in a
	<u>Lunch</u> Chicken Nuggets OR	<u>Lunch</u> Beef Teriyaki Dippers w/	<u>Lunch</u> Pepperoni Pizza OR	<u>Lunch</u> Chicken Sandwich	Friday, November 11	Cheese is a big source of fat in a typical American's diet. A bagel
P	Lunch Chicken Nuggets OR Bean & Cheese	Lunch Beef Teriyaki Dippers w/ Rice or Roll	<u>Lunch</u> Pepperoni Pizza OR	<u>Lunch</u> Chicken Sandwich OR	Friday, November 11	Cheese is a big source of fat in a typical American's diet. A bagel sandwich with lean ham, scrambled
Jul -	Lunch Chicken Nuggets OR Bean & Cheese	<u>Lunch</u> Beef Teriyaki Dippers w/ Rice or Roll OR	<u>Lunch</u> Pepperoni Pizza OR Cheese Pizza	<u>Lunch</u> Chicken Sandwich OR Corn Dog	Friday, November 11	Cheese is a big source of fat in a typical American's diet. A bagel
Pla	Lunch Chicken Nuggets OR Bean & Cheese Burrito Salad Bar	<u>Lunch</u> Beef Teriyaki Dippers w/ Rice or Roll OR Chicken Drumstick	<u>Lunch</u> Pepperoni Pizza OR Cheese Pizza Salad Bar Carrots &	<u>Lunch</u> Chicken Sandwich OR Corn Dog Salad Bar	Friday, November 11	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
1 all	Lunch Chicken Nuggets OR Bean & Cheese Burrito Salad Bar Carrots & Broccoli	<u>Lunch</u> Beef Teriyaki Dippers w/ Rice or Roll OR Chicken Drumstick Carrots & Cucumbers	<u>Lunch</u> Pepperoni Pizza OR Cheese Pizza Salad Bar Carrots & Cauliflower	<u>Lunch</u> Chicken Sandwich OR Corn Dog Salad Bar Carrots & Cucumber		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
141	Lunch Chicken Nuggets OR Bean & Cheese Burrito Salad Bar Carrots & Broccoli Peaches & Apples	<u>Lunch</u> Beef Teriyaki Dippers w/ Rice or Roll OR Chicken Drumstick Carrots & Cucumbers Orange &	<u>Lunch</u> Pepperoni Pizza OR Cheese Pizza Salad Bar Carrots & Cauliflower Apples &	Lunch Chicken Sandwich OR Corn Dog Salad Bar Carrots & Cucumber Grapes &	Veteran's Day	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
PAN	Lunch Chicken Nuggets OR Bean & Cheese Burrito Salad Bar Carrots & Broccoli	<u>Lunch</u> Beef Teriyaki Dippers w/ Rice or Roll OR Chicken Drumstick Carrots & Cucumbers Orange & Fruit Salad	<u>Lunch</u> Pepperoni Pizza OR Cheese Pizza Salad Bar Carrots & Cauliflower Apples & Pineapple Chunks	Lunch Chicken Sandwich OR Corn Dog Salad Bar Carrots & Cucumber Grapes & Fruit Salad	Veteran's Day No School	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
1 Walt	Lunch Chicken Nuggets OR Bean & Cheese Burrito Salad Bar Carrots & Broccoli Peaches & Apples	<u>Lunch</u> Beef Teriyaki Dippers w/ Rice or Roll OR Chicken Drumstick Carrots & Cucumbers Orange &	<u>Lunch</u> Pepperoni Pizza OR Cheese Pizza Salad Bar Carrots & Cauliflower Apples &	Lunch Chicken Sandwich OR Corn Dog Salad Bar Carrots & Cucumber Grapes &	Veteran's Day	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

Mon., November 14 Tues., November 15 Wed., November 16 Thurs., November 17 Friday, November 18 **Breakfast & Lunch Prices:** Lunch Lunch Lunch Lunch Lunch Breakfast: Chicken Nuggets Cheeseburger Pepperoni Pizza Chicken Sandwich **Cheese Bread Sticks** OR Grades K-4 - \$2.00 w/Sauce OR OR OR Pasta w/Meat Sauce OR Macaroni & Ham & Cheese Cheese Pizza Grades 5-7 - \$2.25 & Breadstick Sweet & Sour Cheese Ripper Grades 8-12 - \$2.50 Chicken w/Rice Salad Bar Salad Bar Salad Bar Salad Bar Lunch: Salad Bar Carrots & Carrots & Carrots & Cucumber Carrots & Carrots & Broccoli Cauliflower Grades K-4 - \$3.50 Cucumber Grapes & **Red Pepper Strips** Peaches & Apples Apples & Orange & Applesauce & Grades 5-7 - \$3.75 Fruit Salad Cookie & Milk Pineapple Chunks Fruit Salad Milk Bananas Grades 8-12 - \$4.00 Milk Milk Cookie & Milk Milk Only - .70 cents Students who qualify for Mon., November 21 Tues., November 22 **Thanksgiving Beak Break!** Lunch Lunch Free or Reduced Price Megls: **Chicken Nuggets** Cheeseburger No Charge for Breakfast & Lunch See you beak OR OR .70 cents for milk ala carte. Chicken Gravy w/ **Grilled** Cheese Potatoes & Roll Sandwich Dackhere Salad Bar Salad Bar $\mathbf{O}\mathbf{D}$ Carrots & Cucumber Carrots & Broccoli Orange & Peaches & Apples Fruit Salad $\mathbf{0}\mathbf{\Omega}$ Cookie & Milk **HELP WANTED!** Milk **Our Auxiliary Services** AMERICAN COUGARS GROW UP Department Mon., November 28 Tues., November 29 Wed., November 30 TO 8 FEET LONG AND CAN Lunch Lunch Lunch is hiring Substitute WEIGH 200 POUNDS. BUT **Chicken Nuggets** Cheeseburger Pepperoni Pizza Food Service workers, THEY AREN'T CONSIDERED ONE OR OR OR **Custodians and Bus Drivers.** OF THE "BIG CATS" BECAUSE Chicken Soft Taco Cheese Pizza Cheese Pizza THEY CAN'T ROAR. THE Quesadilla

Salad Bar

Carrots &

Cucumber

Orange &

Fruit Salad

Milk

Salad Bar

Carrots & Broccoli

Peaches & Apples

Cookie & Milk

Salad Bar

Carrots &

Cauliflower

Apples &

Pineapple Chunks

Milk

Flexible hours. Location varies by need Please visit www.UPSD83.org and click on the "Employment" tab to see job and pay details and to fill out an application. WEIGH 200 POUNDS, BUT THEY AREN'T CONSIDERED ONE OF THE "BIG CATS" BECAUSE THEY GAN'T ROAR. THE SOUNDS THEY MAKE ARE THE SAME PURRS, SCREAMS, HISSES, AND LOW-PITCHED GROWLS THAT THE FAMILY GAT MAKES- ONLY LOUDER!