

K-7 Menus for OCTOBER 2022

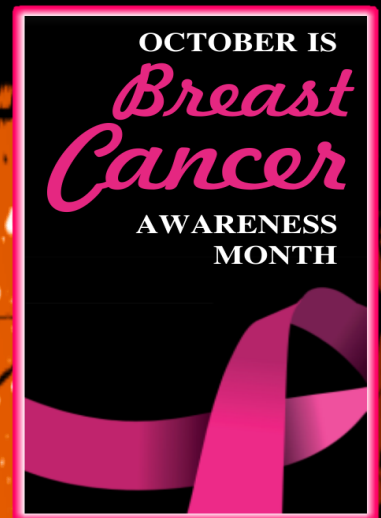
University Place School District

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

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
and click on the "Employment" tab
to see job and pay details and to fill
out an application.



2022-23 Meal 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.

The current
record
for
the
world's
heaviest
pumpkin is
2702
pounds!



Monday, October 3

Breakfast

Toast &
Cereal Choice
or
Raspberry Churro

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Tuesday, October 4

Breakfast

Toast &
Cereal Choice
or
Cinnamon Toast
Crunch Bread

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Wednesday, October 5

LATE START Breakfast

Toast &
Cereal Choice
or Mini Bagels &
Strawberry
Cream Cheese
Raisins, Fruit &
Yogurt
Graham Crackers
Milk & Juice

Thursday, October 6

Breakfast

Toast &
Cereal Choice
or
Pancake on a Stick

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Friday, October 7

Breakfast

Toast &
Cereal Choice
or
Pumpkin Bread

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Monday, October 10

Breakfast

Toast &
Cereal Choice
or
Chocolate Muffin

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Tuesday, October 11

Breakfast

Toast &
Cereal Choice
or
Breakfast Pizza

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Wednesday, October 12

LATE START Breakfast

Toast &
Cereal Choice
or
Cinnamon Roll

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Thursday, October 13

Breakfast

Toast &
Cereal Choice
or
French Toast with
Sausage

Raisins
Fruit & Yogurt
Graham Crackers

Friday, October 14

NO SCHOOL

Staff
Professional
Development
Day

Monday, October 17

Breakfast

Toast &
Cereal Choice
or
Blueberry Muffin

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Tuesday, October 18

Breakfast

Toast &
Cereal Choice
or
Breakfast Burrito

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Wednesday, October 19

**LATE START
Breakfast**

Toast &
Cereal Choice
or
Buttermilk Bar

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Thursday, October 20

Breakfast

Toast &
Cereal Choice
or
Snack Bar

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Friday, October 21

Breakfast

Toast &
Cereal Choice
or
Banana Bread

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Monday, October 24

Breakfast

Toast &
Cereal Choice
or
Raspberry Churro

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Tuesday, October 25

Breakfast

Toast &
Cereal Choice
or
Cinnamon Toast
Crunch Bread

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Wednesday, October 26

**LATE START
Breakfast**

Toast &
Cereal Choice
or Mini Bagels with
Strawberry
Cream Cheese

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Thursday, October 27

Breakfast

Toast &
Cereal Choice
or
Pancake on a Stick

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Friday, October 28

Breakfast

Toast &
Cereal Choice
or
Pumpkin Bread

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

Monday, October 31

Breakfast

Toast &
Cereal Choice
or
Chocolate Muffin

Raisins
Fruit & Yogurt
Graham Crackers
Milk & Juice

NUTRITION TO GO

Pleasant fall weather may tempt your family to eat outdoors. But when the flowers are gone, bees and wasps are more likely to try to get in on the fun, too. What to do? Keep food and trash cans covered, of course, but adults should also avoid lots of perfume or hair spray -- bees are attracted to fragrances!

A QUICK BITE FOR PARENTS

