

# K-7 Menus for OCTOBER 2022

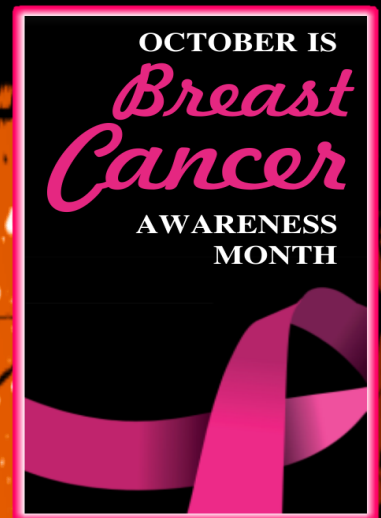
University Place School District

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

## HELP WANTED!

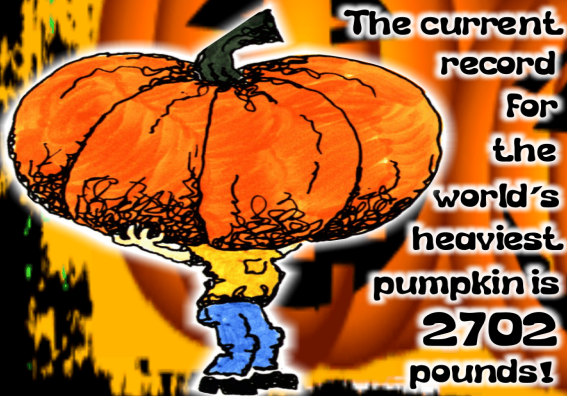
Our Auxiliary Services Department is hiring Substitute Food Service workers, Custodians and Bus Drivers.

Flexible hours. Location varies by need  
Please visit [www.UPSD83.org](http://www.UPSD83.org)  
and click on the "Employment" tab  
to see job and pay details and to fill  
out an application.



### Supply Chain Issues

Because of ongoing supply chain issues, Deli Sandwiches may be offered as an additional choice or a replacement entrée.

Monday, October 3	Tuesday, October 4	Wednesday, October 5	Thursday, October 6	Friday, October 7
<p><b>Lunch</b> Chicken Nuggets or Grilled Cheese</p> <p>Salad Bar Carrots &amp; Broccoli Peaches &amp; Apples Cookie Milk</p>	<p><b>Lunch</b> Cheeseburger or Ham &amp; Cheese Ripper</p> <p>Salad Bar Carrots &amp; Cucumbers Fruit Salad &amp; Orange Milk</p>	<p><b>Lunch</b> Pepperoni Pizza or Cheese Pizza</p> <p>Salad Bar Carrots &amp; Cauliflower Pineapple Chunks &amp; Apples Milk</p>	<p><b>Lunch</b> Chicken Sandwich or Hot Dog</p> <p>Salad Bar Carrots &amp; Cucumber Fruit Salad &amp; Grapes Milk</p>	<p><b>Lunch</b> Cheese Bread Sticks &amp; Marinara Sauce or Sloppy Joe Salad Bar Carrots &amp; Red Pepper Strips Applesauce &amp; Bananas Cookie &amp; Milk</p>
Monday, October 10	Tuesday, October 11	Wednesday, October 12	Thursday, October 13	Friday, October 14
<p><b>Lunch</b> Chicken Nuggets or Cheese Quesadilla</p> <p>Salad Bar Carrots &amp; Broccoli Peaches &amp; Apples Cookie Milk</p>	<p><b>Lunch</b> Cheeseburger or Chicken Drumstick</p> <p>Salad Bar Carrots &amp; Cucumbers Fruit Salad &amp; Orange Milk</p>	<p><b>Lunch</b> Pepperoni Pizza or Cheese Pizza</p> <p>Salad Bar Carrots &amp; Cauliflower Pineapple Chunks &amp; Apples Milk</p>	<p><b>Lunch</b> Chicken Sandwich Or French Toast w/ Sausage Salad Bar Carrots &amp; Cucumber Fruit Salad &amp; Grapes Milk</p>	<p><b>NO SCHOOL</b></p> <p><b>Staff Professional Development Day</b></p>

Monday, October 17

**Lunch**  
Chicken Nuggets  
or  
Bean & Cheese  
Burrito  
  
Salad Bar  
Carrots & Broccoli  
Peaches & Apples  
Cookie  
Milk

Tuesday, October 18

**Lunch**  
Cheeseburger  
or  
Chicken Drumstick  
  
Salad Bar  
Carrots &  
Cucumber  
Fruit Salad &  
Orange  
Milk

Wednesday, October 19

**Lunch**  
Pepperoni Pizza  
or  
Cheese Pizza  
  
Salad Bar  
Carrots &  
Cauliflower  
Pineapple Chunks  
& Apples  
Milk

Thursday, October 20

**Lunch**  
Chicken Sandwich  
or  
Corn Dog  
  
Salad Bar  
Carrots &  
Cucumber  
Fruit Salad &  
Grapes  
Milk

Friday, October 21

**Lunch**  
Cheese Breadstick  
& Marinara Sauce  
or  
Beef Soft Taco  
Salad Bar  
Carrots &  
Red Pepper Strips  
Applesauce &  
Bananas  
Cookie & Milk

Monday, October 24

**Lunch**  
Chicken Nuggets  
or  
Grilled Cheese  
Sandwich  
  
Salad Bar  
Carrots & Broccoli  
Peaches & Apples  
Cookie  
Milk

Tuesday, October 25

**Lunch**  
Cheeseburger  
or  
Ham & Cheese  
Ripper  
Salad Bar  
Carrots &  
Cucumber  
Fruit Salad &  
Orange  
Milk

Wednesday, October 26

**Lunch**  
Pepperoni Pizza  
or  
Cheese Pizza  
  
Salad Bar  
Carrots &  
Cauliflower  
Pineapple Chunks  
& Apples  
Milk

Thursday, October 27

**Lunch**  
Chicken Sandwich  
or  
Hot Dog  
  
Salad Bar  
Carrots &  
Cucumber  
Fruit Salad &  
Grapes  
Milk

Friday, October 28

**Lunch**  
Cheese Breadstick  
& Marinara Sauce  
or  
Sloppy Joe  
Salad Bar  
Carrots &  
Red Pepper Strips  
Applesauce &  
Bananas  
Cookie & Milk

Monday, October 31

**Lunch**  
Chicken Nuggets  
or  
Cheese Quesadilla  
  
Salad Bar  
Carrots & Broccoli  
Peaches & Apples  
Cookie  
Milk

### NUTRITION TOSO

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!

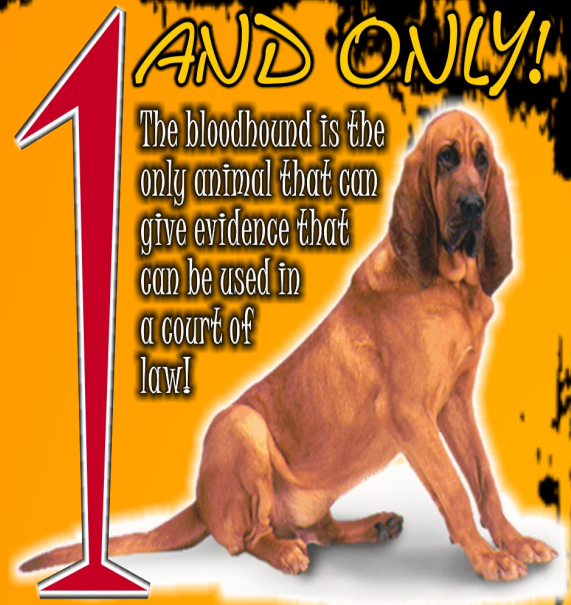
### A QUICK BITE FOR PARENTS

**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.

# AND ONLY!

The bloodhound is the only animal that can give evidence that can be used in a court of law!

