

Upsala April

All meals served meet the nutritional standards established by the USDA.

Menus are subject to change.

Lunch Prices 2017-18	
Elementary	2.35
Secondary	2.50
Adult	4.00
Milk	0.35
Doubles Card (14)	14.10

*One extra item is \$1.02(per day ticket only). Purchase a doubles card for \$14.10. If your child takes two or more milk, add 35¢ per additional milk.

April Totals for 20 days	
Elementary	47.00
Secondary	50.00

Lunch payments are due on the first school day of each month.

Check your balance online at <http://jmc.upsala.k12.mn.us/Parent>

Breakfast is served FREE for all students!

Salad bar is served every day for the SH Lunch line.

Don't forget – take at least **1** fruit or veggie and **3** items total, so your meal counts as a complete lunch.

Nondiscrimination Statement

This explains what to do if you believe you have been treated unfairly: In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992.

Monday	Tuesday	Wednesday	Thursday	Friday
No School	<ul style="list-style-type: none"> Un crustables Chicken Patty OR Pizza Burger on a Bun, baked beans, fresh veggies, fresh/canned fruit 	<ul style="list-style-type: none"> Assorted Snack Breads Tator Bowl OR Salisbury Steak, mashed potatoes, coleslaw, dinner roll, corn, fresh/canned veggies 	<ul style="list-style-type: none"> Long Johns Hamburger OR Turkey Deli, baby bakers, green beans, fresh veggies, fresh/canned fruit 	<ul style="list-style-type: none"> Breakfast Pizza Pizza Crunchers w/Sauce OR Roast Beef Wrap, green peas, bread slice (HS), fresh veggies, fresh/canned fruit
<ul style="list-style-type: none"> Mini Pancakes Cheese Quesadilla OR Mandarin Orange Chicken w/Rice, tiny whole potatoes, 4-way veggies, fresh/canned fruit 	<ul style="list-style-type: none"> Long Johns Build a Burger OR Ham Patty on a Bun, baked beans, fresh veggies, fresh/canned fruit 	<ul style="list-style-type: none"> Assorted Muffins Chicken Nuggets OR Pork Patty, potatoes and gravy, corn, dinner roll (J/HS), fresh/canned fruit 	<ul style="list-style-type: none"> French Toast Sticks Pepperoni Pizza OR Cheese Pizza, green peas, fresh veggies, fresh/canned veggies 	<ul style="list-style-type: none"> Pancake Wraps Max Sticks w/Sauce OR Chicken Strips, California blend, bread slice (J/HS), fresh veggies, fresh/canned fruit
<ul style="list-style-type: none"> Yogurt w/ Granola Chicken Strips OR Taco Quesadilla, cooked carrots, bread slice (J/HS), fresh veggies, fresh/canned fruit 	<ul style="list-style-type: none"> Long Johns Pulled Pork OR California Burger on a Bun, potato salad, peas, fresh veggies, fresh/canned fruit 	<ul style="list-style-type: none"> Un crustables Spaghetti w/Meat Sauce OR Chicken Alfredo, broccoli, fresh veggies, fresh fruit 	<ul style="list-style-type: none"> Breakfast Rounds Sloppy Joe OR Ham Deli on a Bun, buttered corn, fresh veggies, fresh/canned fruit 	Early Release
<ul style="list-style-type: none"> Assorted Frudels Cheese Quesadilla OR Corn Dog, baked beans, bread slice, fresh veggies, fresh/canned fruit 	<ul style="list-style-type: none"> Assorted Muffins Choice of Sub Sandwich, sub fixings, chicken noodle soup, crackers (J/HS), cucumber slices, fresh/canned fruit 	<ul style="list-style-type: none"> Cinnamon Rolls Scalloped Potatoes w/Ham, Bread Stick OR BBQ Rib Patty on a Bun, 4-Way Veggies, Fresh/Canned Fruit 	<ul style="list-style-type: none"> Breakfast Pizza Bosco Sticks w/ sauce OR Turkey Wrap, Cooked Carrots, Fresh Veggies, Fresh/Canned Fruit 	<ul style="list-style-type: none"> Pancake Wraps Stir-fry OR Chicken Nuggets, Green Beans, Fresh Veggies, Fresh/Canned Fruit
<ul style="list-style-type: none"> Assorted Snack Breads Pancakes w/ syrup, Sausage Patty OR Yogurt/ Cheese stick, tri-tator, pattie, Fresh Veggies, Fresh/Canned Fruit 	<ul style="list-style-type: none"> Long Johns Hard OR Soft Shell Taco OR Chicken Fajita, Taco Fixings, Green Beans, Fresh/Canned Fruit 	<ul style="list-style-type: none"> Yogurt w/ Granola Hamburger OR Pork Gravy, Mashed Potatoes, Corn, Coleslaw, Dinner Roll, Fresh/Canned Fruit 	<ul style="list-style-type: none"> French Toast Sticks Hot Dog on a Bun OR Ham Wrap, Baked Beans, Fresh Veggies, Fresh/Canned Fruit 	<ul style="list-style-type: none"> Mini Waffles Pizza Crunchers w/Sauce OR Sloppy Joe on a Bun, Steamed Peas, fresh veggies, fresh/canned fruit

Breaking the Fast We all “fast” for seven or more hours a night when we sleep. “Break the fast” with some nourishing food. If you feel a little sluggish when you miss your morning meal, you have a good reason. You’re running your “engine” on empty. Eating breakfast restores your body’s supply of blood glucose, the brain’s main fuel source. Here are some benefits of breakfast:

- Breakfast improves school performance. Children who skip breakfast have trouble staying on task in school and become tired and irritable.
- Breakfast improves nutrition. Researchers have shown that children who eat breakfast are more likely to meet their needs for calcium, iron, riboflavin, folic acid, iron, vitamins A and D and other nutrients. They also eat less fat.
- People who eat breakfast tend to eat more healthfully all day. Breakfast skippers usually don’t make up for the nutrients they missed at breakfast — and they may overeat later. From the University of Nebraska-Lincoln Institute of Agriculture and National Resources at <http://food.unl.edu/september-food-calendar>