

# Upsala

## February

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.

Feb. Totals for 18 days	
Elementary	42.30
Secondary	45.00

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
29 <ul style="list-style-type: none"> <li>Assorted Bagels</li> <li>Cheese Pizza OR Sweet &amp; Sour Chicken w/Rice, carrot coins, fresh veggies, fresh/canned fruit</li> </ul>	30 <ul style="list-style-type: none"> <li>Long Johns</li> <li>Ham Patty OR Hamburger on a Bun, baked beans, fresh/canned fruit, fresh veggies</li> </ul>	31 <ul style="list-style-type: none"> <li>Assorted Muffins</li> <li>Choice of Sub Sandwich, sub fixings, chicken noodle soup, crackers (J/HS), cucumbers, fresh/canned fruit</li> </ul>	1 <ul style="list-style-type: none"> <li>French Toast Sticks</li> <li>Spaghetti w/Meat Sauce OR Chicken Alfredo, broccoli, fresh veggies, fresh/canned fruit</li> </ul>	2 <ul style="list-style-type: none"> <li>Pancake Wraps</li> <li>Cheese Pizza OR Pepperoni Pizza, green beans, fresh veggies, fresh/canned fruit</li> </ul>
5 <ul style="list-style-type: none"> <li>Uncrustables</li> <li>Chicken Strips OR Taco Quesadilla, 4-way veggies, bread slice (J/SH), fresh veggies, fresh/canned fruit</li> </ul>	6 <ul style="list-style-type: none"> <li>Cinnamon Rolls</li> <li>Grilled Chicken OR Turkey Deli on a Bun, baked beans, fresh veggies, fresh/canned fruit</li> </ul>	7 <ul style="list-style-type: none"> <li>Assorted Muffins</li> <li>Hamburger OR Turkey Gravy, mashed potatoes, corn, cranberry sauce, dinner roll, chex mix, fresh/canned fruit</li> </ul>	8 <ul style="list-style-type: none"> <li>Waffles</li> <li>Pepperoni Pizza OR Corn Dog, carrot coins, bread slice, fresh veggies, fresh/canned fruit</li> </ul>	9 <ul style="list-style-type: none"> <li>Assorted Bagels</li> <li>Bosco Stick w/Sauce OR Ham Wrap, green beans, fresh veggies, fresh/canned fruit</li> </ul>
12 <ul style="list-style-type: none"> <li>Assorted Frudels</li> <li>Mini Corn Dogs OR Chicken Nuggets, baked beans, fresh veggies, fresh/canned fruit</li> </ul>	13 <ul style="list-style-type: none"> <li>Long Johns</li> <li>Pulled Pork OR California Burger, potato salad, peas, fresh veggies, fresh/canned fruit</li> </ul>	14 <ul style="list-style-type: none"> <li>Breakfast Pizza</li> <li>Cheese Pizza OR Turkey Wrap, 4-way veggies, fresh veggies, fresh/canned fruit</li> </ul>	15 <ul style="list-style-type: none"> <li>Mini Pancakes</li> <li>Scalloped Potatoes w/Ham OR BBQ Rib Sandwich, bread stick, carrot coins, fresh veggies, fresh/canned fruit</li> </ul>	16 <p style="text-align: center;">No School</p>
19 <p style="text-align: center;">No School</p>	20 <ul style="list-style-type: none"> <li>Uncrustables</li> <li>Pancakes w/Syrup, Sausage Patty OR Yogurt/Cheese Stick, tritators, fresh veggies, fresh/canned fruit</li> </ul>	21 <ul style="list-style-type: none"> <li>Cinnamon Rolls</li> <li>Choice of Sub Sandwich, sub fixings, wild rice soup, crackers, cucumbers, fresh/canned fruit</li> </ul>	22 <ul style="list-style-type: none"> <li>Assorted Snack Breads</li> <li>Hard or Soft Shell Taco OR Chicken Fajita, taco fixings, green beans, fresh/canned fruit</li> </ul>	23 <ul style="list-style-type: none"> <li>Pancake Wraps</li> <li>Max Sticks w/Sauce OR Chicken Strips, peas, bread slice (J/SH), fresh veggies, fresh/canned fruit</li> </ul>
26 <ul style="list-style-type: none"> <li>Yogurt w/Granola</li> <li>Cheese Quesadillas OR Mandarin Chicken w/Rice, tiny whole potatoes, 4-way veggies, fresh/canned fruit</li> </ul>	27 <ul style="list-style-type: none"> <li>Long Johns</li> <li>Chicken Patty OR Pizza Burger on a Bun, California blend, fresh veggies, fresh/canned fruit</li> </ul>	28 <ul style="list-style-type: none"> <li>Assorted Muffins</li> <li>Tator Bowl OR Salisbury Steak, mashed potatoes, coleslaw, corn, dinner roll, fresh/canned fruit</li> </ul>	1 <ul style="list-style-type: none"> <li>Breakfast Pizza</li> <li>Italian Pasta OR Egg Roll, California blend, bread slice (J/SH), fresh veggies, fresh/canned fruit</li> </ul>	2 <ul style="list-style-type: none"> <li>Assorted Bagels</li> <li>Pizza Crunchers w/Sauce OR Sloppy Joe on a Bun, baked beans, fresh veggies, fresh/canned fruit</li> </ul>

**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>