

Upsala January

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.

Jan. Totals for 21 days	
Elementary	49.35
Secondary	52.50

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
1 No School	2 ▪ Uncrustables ▪ Mini Corn Dogs OR Chicken Nuggets, baked beans, tiny whole potatoes, fresh veggies, fresh/canned fruit	3 ▪ French Toast Sticks ▪ Scalloped Potatoes w/Ham OR BBQ Rib Sandwich, breadstick, four-way veggies, fresh veggies, fresh/canned fruit	4 ▪ Long John ▪ Grilled Chicken on a Bun or Pizza Crunchers with Sauce, carrot coins, fresh veggies, fresh/canned fruit	5 ▪ Mini Pancakes ▪ Bosco Sticks with Sauce OR Turkey Wrap, steamed peas, fresh veggies, fresh/canned fruit
8 ▪ Waffles ▪ Pancakes w/Syrup, Breakfast Sausage OR Yogurt/ Cheese Stick, hashbrown patty, hash brown patties, fresh veggies, fresh/canned fruit	9 ▪ Cinnamon Rolls ▪ Chicken Patty OR Pizza Burger on a Bun, baked beans, fresh veggies, fresh/canned fruit	10 ▪ Assorted Frudels ▪ Hamburger OR Pork Gravy, mashed potatoes, corn, cranberry sauce, dinner roll, animal crackers, fresh/canned fruit	11 ▪ Pancake Wraps ▪ Sloppy Joe OR Ham Deli on a Bun, green beans, fresh veggies, fresh/canned fruit	12 ▪ Assorted Bagels ▪ Max Sticks with Sauce OR Chicken Nuggets, carrot coins, bread slice (J/HS), fresh veggies, fresh/canned fruit
15 ▪ Mini Pancakes ▪ Italian Pasta OR Egg Roll, California blend, bread slice (J/HS), fresh veggies, fresh/ canned fruit	16 ▪ Long Johns ▪ Pepperoni Pizza OR Corn Dogs, carrot coins, bread slice, fresh veggies, fresh/canned fruit	17 ▪ Uncrustables ▪ Tator Bowl OR Salisbury Steak, mashed potatoes, cole slaw/ cranberry sauce, dinner roll, corn, fresh/canned fruit	18 ▪ Breakfast Pizza ▪ Build a Burger OR Turkey Deli, baked beans, fresh veggies, fresh/canned fruit	19 ▪ Yogurt w/Granola ▪ Cheese Quesadilla OR Mandarin Orange Chicken w/Rice, four-way veggies, fresh/canned fruit
22 No School	23 ▪ Assorted Muffins ▪ Taco in a Bag OR Chicken Fajita, taco fixings, steamed peas, fresh/canned fruit	24 ▪ Waffles ▪ Chicken Nuggets OR Pork Chop Patty, potatoes, gravy, corn, dinner roll (J/HS), fresh/canned fruit	25 ▪ Cinnamon Roll ▪ Hot Dog on a Bun OR Ham Wrap, baked beans, fresh veggies, fresh/canned fruit	26 ▪ Breakfast Rounds ▪ Taco Quesadilla OR Chicken Strips, green beans, bread slice (J/HS), fresh/canned fruit
29 ▪ Assorted Bagels ▪ Cheese Pizza OR Sweet & Sour Chicken w/Rice, carrot coins, fresh veggies, fresh/canned fruit	30 ▪ Long Johns ▪ Ham Patty OR Hamburger on a Bun, baked beans, fresh/canned fruit, fresh veggies	31 ▪ Assorted Muffins ▪ Choice of Sub Sandwich, sub fixings, chicken noodle soup, crackers (J/HS), cucumbers, fresh/canned fruit	1 ▪ French Toast Sticks ▪ Spaghetti w/Meat Sauce OR Chicken Alfredo, broccoli, fresh veggies, fresh/canned fruit	2 ▪ Pancake Wraps ▪ Cheese Pizza OR Pepperoni Pizza, green beans, 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>