

Upsala March

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 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
26 <ul style="list-style-type: none"> Yogurt w/Granola Cheese Quesadillas OR Mandarin Chicken w/Rice, tiny whole potatoes, 4-way veggies, fresh/canned fruit 	27 <ul style="list-style-type: none"> Long Johns Chicken Patty OR Pizza Burger on a Bun, California blend, fresh veggies, fresh/canned fruit 	28 <ul style="list-style-type: none"> Assorted Muffins Tator Bowl OR Salisbury Steak, mashed potatoes, coleslaw, corn, dinner roll, fresh/canned fruit 	1 <ul style="list-style-type: none"> Breakfast Pizza Italian Pasta OR Egg Roll, California blend, bread slice (J/SH), fresh veggies, fresh/canned fruit 	2 <ul style="list-style-type: none"> Assorted Bagels Pizza Crunchers w/Sauce OR Sloppy Joe on a Bun, baked beans, fresh veggies, fresh/canned fruit
5 <ul style="list-style-type: none"> Uncrustables Cheese Pizza OR Sweet & Sour Chicken w/Rice, 4-way veggies, bread slice (J/SH), fresh veggies, fresh/canned fruit 	6 <ul style="list-style-type: none"> Long Johns Ham Patty OR Build a Burger on a Bun, baked beans, fresh/canned fruit, fresh veggies 	7 <ul style="list-style-type: none"> Breakfast Pizza Chicken Nuggets OR Pork Chop Patty, potatoes & gravy, corn, dinner roll (J/SH), fresh/canned fruit 	8 <ul style="list-style-type: none"> Mini Pancakes Turkey Wrap OR Hot Dog on a Bun, green beans, broccoli w/dip, fresh/canned fruit 	9 <ul style="list-style-type: none"> Assorted Snack Breads Max Sticks w/Sauce OR Chicken Nuggets, carrot coins, bread slice (J/SH), fresh veggies, fresh/canned fruit
12 <ul style="list-style-type: none"> Pancake Wraps Chicken Strips OR Corn Dogs, 4-way veggies, bread slice (J/SH), fresh veggies, fresh/canned fruit 	13 <ul style="list-style-type: none"> Long Johns Cheese Pizza OR Pepperoni Pizza, green beans, fresh veggies, fresh/canned fruit 	14 <ul style="list-style-type: none"> French Toast Sticks Spaghetti w/Meat Sauce OR Chicken Alfredo, broccoli, fresh veggies, fresh fruit 	15 <ul style="list-style-type: none"> Breakfast Rounds California Burger OR Turkey Deli on a Bun, baked beans, fresh veggies, fresh/canned fruit 	15 <ul style="list-style-type: none"> Assorted Muffins Bosco Sticks w/Sauce OR Ham Wrap, steamed peas, fresh veggies, fresh/canned fruit
19 <ul style="list-style-type: none"> Assorted Frudels Cheese Quesadillas OR Mini Corn Dogs, green beans, bread slice, fresh veggies, fresh/canned fruit 	20 <ul style="list-style-type: none"> Waffles Choice of Sub Sandwich, sub fixings, Southwest chili, crackers (J/SH), fresh/canned fruit, fresh veggies 	21 <ul style="list-style-type: none"> Cinnamon Rolls Scalloped Potatoes w/Ham & Bread Stick OR BBQ Rib Sandwich, 4-way veggies, fresh/canned fruit 	22 <ul style="list-style-type: none"> Breakfast Pizza Grilled Chicken Patty on a Bun OR Turkey Deli, steamed corn, baby bakers, fresh veggies, fresh/canned fruit 	23 <div style="background-color: #cccccc; padding: 5px; text-align: center;">Early Release</div> <ul style="list-style-type: none"> Yogurt w/Granola Cheese Pizza OR Chicken Nuggets, carrot coins, fresh veggies, fresh/canned fruit
26 <ul style="list-style-type: none"> Uncrustables Pancake w/Syrup & Breakfast Sausage OR Yogurt/String Cheese, hashbrown patty, fresh veggies, fresh/canned fruit 	27 <ul style="list-style-type: none"> Long Johns Tator Bowl OR Salisbury Steak, mashed potatoes, corn, dinner roll, cranberry sauce, fresh/canned fruit 	28 <ul style="list-style-type: none"> French Toast Sticks Taco in a Bag OR chicken fajita, taco fixings, 4-way veggies, fresh/canned fruit 	29 <div style="background-color: #cccccc; padding: 5px; text-align: center;">No School</div>	30 <div style="background-color: #cccccc; padding: 5px; text-align: center;">No School</div>

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>