

Upsala May

All meals served meet the nutritional standards established by the USDA. Menus are subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
30 ▪ Assorted Snack Breads Pancakes w/ syrup, Sausage Patty OR Yogurt/ Cheese stick, tri- tator, patty, Fresh Veggies, Fresh/Canned Fruit	1 ▪ Long Johns ▪ Hard OR Soft Shell Taco OR Chicken Fajita, Taco Fixings, Green Beans, Fresh/Canned Fruit	2 ▪ Yogurt w/ Granola ▪ Hamburger OR Pork Gravy, Mashed Potatoes, Corn, Coleslaw, Dinner Roll, Fresh/Canned Fruit	3 ▪ French Toast Sticks ▪ Hot Dog on a Bun OR Ham Wrap, Baked Beans, Fresh Veggies, Fresh/Canned Fruit	4 ▪ Mini Waffles ▪ Pizza Crunchers w/Sauce OR Sloppy Joe on a Bun, Steamed Peas, fresh veggies, fresh/canned fruit
7 ▪ Mini Pancakes ▪ Cheese Quesadilla OR Mandarin Orange Chicken w/Rice, tiny whole potatoes, 4-way veggies, fresh/canned fruit	8 ▪ Long Johns ▪ Chicken Patty OR Pizza Burger on a bun, baked beans, fresh veggies, fresh/canned fruits	9 ▪ Assorted Muffins ▪ Chicken Nugget OR Pork Chop Patty, potatoes & gravy, corn, dinner roll (J/SH), cranberry sauce, fresh/canned fruit	10 ▪ French Toast Sticks ▪ California Burger OR BBQ Rib Patty on a Bun, green beans, fresh veggies, fresh/canned fruit	11 ▪ Pancake Wraps ▪ Max Sticks w/Sauce OR Roast Beef Wrap, cooked carrots, bread slice (J/SH), fresh veggies, fresh/canned fruit
14 ▪ Yogurt w/ Granola ▪ Mini Corn Dogs OR Chicken Nuggets, green beans, fresh veggies, fresh/canned fruit	15 ▪ Long Johns ▪ Build a Burger OR Ham Patty on a Bun, baked beans, fresh veggies, fresh/canned fruit	16 Senior Shirt Day ▪ Uncrustables ▪ Spaghetti w/Meat Sauce OR Chicken Alfredo, California medley, fresh veggies, fresh/canned fruit	17 ▪ Breakfast Rounds ▪ Cheese Pizza OR Sweet & Sour w/Rice, steamed carrots, bread slice (J/SH), fresh veggies, fresh/canned fruit	18 ▪ Assorted Bagels ▪ Bosco Stick w/Sauce OR Pulled Pork on a Bun, steamed broccoli, fresh veggies, fresh/canned fruit
21 ▪ Assorted Frudels ▪ Italian Pasta OR Cooks Choice, carrot coins, fresh veggies, bread slice (J/SH), fresh/canned fruit	22 ▪ Assorted Muffins ▪ Assorted Mexican favorites, taco fixings, corn, fresh/canned fruit	23 ▪ Cinnamon Rolls ▪ Corn Dogs OR Cooks Choice, fresh veggies, fresh/canned fruits	24 ▪ Breakfast Pizza ▪ Assorted Hot Sandwiches on a Bun, veggies, fresh/canned fruit	25 Last Student Day ▪ Pancake Wraps ▪ Assorted Cold Sandwiches on a Deli Bun, fresh veggies, fresh/canned fruit
Memorial Day 28	29	30	31	

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.

May Totals for 19 days	
Elementary	44.65
Secondary	47.50

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.

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>