

2 ▪ Uncrustable ▪ Chicken Strips OR Ham wrap, baked beans, bread slice, fresh veggies, and fresh/canned fruit	3 ▪ Long John ▪ Chicken Nuggets OR Taco Quesadilla, corn, fresh veggies, bread slice(JH/HS), fresh/canned fruit	4 ▪ Breakfast Pizza ▪ Scalloped Potatoes w/ Ham OR BBQ Rib Sandwich, bread stick, 4-way veggies, fresh veggies, and fresh/canned fruit	5 ▪ Mini Pancakes ▪ Hamburger OR Turkey Deli, 4-way veggies, fresh veggies, and fresh/canned fruit	6 ▪ Yogurt w/ Granola ▪ Cheese Pizza OR Teriyaki Chicken w/Rice, bread slice(HS), Peas, and fresh/canned fruit
9 ▪ Mini Waffles ▪ Italian Pasta OR Egg Roll, bread slice (JH/HS), carrot coins, fresh veggies, and fresh/canned fruit	10 ▪ Cinnamon Rolls ▪ Hard or Softshell Taco OR Chicken Fajita, taco fixings, 4-way veggies, and fresh/canned fruit.	11 ▪ Bagels ▪ Tator Bowl OR Salisbury Steak, mashed potatoes, coleslaw/cranberry sauce, bread slice(HS), corn, fresh/canned fruit	12 ▪ Mini Pancake Bites ▪ Chicken Patty OR Pizza Burger on a Bun, baked beans, fresh veggies and fresh/canned fruit	13 <b>Early Dismissal</b>
16 ▪ Assorted Snack Breads ▪ Bosco Sticks w/Sauce OR Turkey Deli, baked beans, fresh veggies, and fresh/canned fruit	17 ▪ Long John ▪ Cheese Quesadilla OR Mandarin Orange Chicken w/Rice, 4-way veggies, tiny whole potatoes, fresh veggies, and fresh/canned fruit	18 ▪ Breakfast Rounds ▪ Corn Dog OR Pizza Crunchers, potato salad, green beans, fresh veggies, and fresh/canned fruit	19 <b>No School</b>	20 <b>No School</b>
23 ▪ Frudels ▪ Mini Corn Dogs OR Chicken Nuggets, potato salad, carrot coins, fresh veggies, and fresh/canned fruit	24 ▪ Cinnamon Rolls ▪ Pulled Pork OR California Burger on a bun, cheese slice, tri-tators, 4-way veggies, and fresh/canned fruit	25 ▪ Breakfast Pizza ▪ Choice of Sub Sandwiches, sub fixings, chicken noodle soup, crackers (JH/HS), cucumber slices, and fresh/canned fruit.	26 ▪ Mini Pancake Bites ▪ Hot Dog OR Ham Deli, baked beans, fresh veggies, and fresh/canned fruit	27 ▪ Mini Waffles ▪ Max Sticks w/Sauce OR Taco Quesadilla, peas, bread slices (JH/HS), fresh veggies, and fresh/canned fruit
30 ▪ Uncrustable ▪ Pancake w/Syrup, Breakfast Sausage OR Yogurt/Cheese Stick, tri-tator hashbrown patty, fresh veggies, and fresh/canned fruit	31 ▪ Long John ▪ Turkey Deli OR Grilled Chicken Patty on a Bun, baked beans, fresh veggies, and fresh/canned fruit			

# October

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
<b>Doubles Card (14)</b>	<b>14.10</b>

\*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.

Oct. 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.

**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>