We’re SO GLAD to see you! It’s going to be a GREAT YEAR and we can’t wait to serve your meals!

**Back to school**

**Breakfast Menu for August & September 2022**

University Place School District

This institution is an equal opportunity provider. Menus are subject to change.

**2022–23 Meal Prices**

<table>
<thead>
<tr>
<th></th>
<th>Grades K–4</th>
<th>Grades 5–7</th>
<th>Grades 8–12</th>
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</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>$2.00</td>
<td>$2.25</td>
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<tr>
<td>Lunch</td>
<td>$3.50</td>
<td>$3.75</td>
<td>$4.00</td>
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<tr>
<td>Milk Only</td>
<td>.70 cents</td>
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</table>

Students who qualify for Free or Reduced Price Meals:
No Charge for Breakfast & Lunch, .70 cents for milk ala carte.

**HELP WANTED!**
Our Nutrition Services Department is hiring Substitute Food Service workers for all locations. Flexible hours. $19.21 per hour. Please visit www.UPSD83.org and click on the “Employment” tab to fill out an application.

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**Tuesday, Aug. 30**

**Breakfast**
- Toast
- Or
- Cereal Choice
- Or
- Buttermilk Bar

- Raisins
- Fruit & Yogurt
- Graham Crackers
- Milk & Juice

**Wednesday, Aug. 31**

**Breakfast**
- Toast
- Or
- Cereal Choice
- Or
- Mini Waffle

- Raisins
- Fruit & Yogurt
- Graham Crackers
- Milk & Juice

**Thursday, Sept. 1**

**Breakfast**
- Toast
- Or
- Cereal Choice
- Or
- Snack Bar

- Raisins
- Fruit & Yogurt
- Graham Crackers
- Milk & Juice

**Friday, Sept. 2**

**Breakfast**
- Toast
- Or
- Cereal Choice
- Or
- Pumpkin Bread

- Raisins
- Fruit & Yogurt
- Graham Crackers
- Milk & Juice

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**Tuesday, Sept. 6**

**Breakfast**
- Toast
- Or
- Cereal Choice
- Or
- Cinnamon Bread
- Toast

- Raisins
- Fruit & Yogurt
- Graham Crackers
- Milk & Juice

**Wednesday, Sept. 7**

**Breakfast**
- Toast
- Or
- Cereal Choice
- Or
- Breakfast Burrito

- Raisins
- Fruit & Yogurt
- Graham Crackers
- Milk & Juice

**Thursday, Sept. 8**

**Breakfast**
- Toast
- Or
- Cereal Choice
- Or
- Pancake on a Stick

- Raisins
- Fruit & Yogurt
- Graham Crackers
- Milk & Juice

**Friday, Sept. 9**

**Breakfast**
- Toast
- Or
- Cereal Choice
- Or
- Pumpkin Bread

- Raisins
- Fruit & Yogurt
- Graham Crackers
- Milk & Juice
### Breakfast

<table>
<thead>
<tr>
<th>Monday, Sept. 12</th>
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<th>Wednesday, Sept. 14</th>
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<td>LATE START Breakfast</td>
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<tr>
<td>Chocolate Muffin</td>
<td>Cinnamon Roll</td>
<td>Sausage</td>
<td>French Toast</td>
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<td>Breaksfast Pizza</td>
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### Wellness is a Way of Life!

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!