# December 2022

## K-7 Lunch Menus

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

### Lunch
- **Cheese Breadsticks w/Sauce**
- **Pancakes w/Sausage & Syrup**
- **Salad Bar**
  - Carrots & Red Pepper Strips
  - Applesauce & Bananas
  - Cookie & Milk

### Lunch
- **Chicken Sandwich**
- **Beef & Cheese Nachos**
- **Salad Bar**
  - Carrots & Cucumber
  - Grapes & Fruit Salad
  - Milk

### Lunch
- **Beef Soft Taco**
- **Salad Bar**
  - Carrots & Red Pepper Strips
  - Applesauce & Bananas
  - Cookie & Milk

### Lunch
- **Chicken Nuggets**
- **Bean & Cheese Burrito**
- **Salad Bar**
  - Carrots & Broccoli
  - Peaches & Apples
  - Cookie & Milk

### Lunch
- **Pepperoni Pizza OR Cheese Pizza**
- **Corn Dog**
  - Salad Bar
  - Carrots & Cucumbers
  - Orange & Fruit Salad
  - Milk

### Lunch
- **Cheese Breadsticks w/Sauce OR Pancakes w/Sausage & Syrup**
- **Salad Bar**
  - Carrots & Cucumbers
  - Orange & Fruit Salad
  - Milk

### Lunch
- **Cheese Breadsticks w/Sauce OR Beef Soft Taco**
- **Salad Bar**
  - Carrots & Red Pepper Strips
  - Applesauce & Bananas
  - Cookie & Milk

## 2022-23 Meal Prices

<table>
<thead>
<tr>
<th>Grades</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-4</td>
<td>$2.00</td>
</tr>
<tr>
<td>5-7</td>
<td>$2.25</td>
</tr>
<tr>
<td>8-12</td>
<td>$2.50</td>
</tr>
</tbody>
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<tr>
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<td>$3.75</td>
</tr>
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<td>8-12</td>
<td>$4.00</td>
</tr>
</tbody>
</table>

**Milk Only** — .70 cents

Students who qualify for Free or Reduced Price Meals: No Charge for Breakfast & Lunch.

.70 cents for milk ala carte.

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**Fuzzy Math:**

Doctors say we should try not to eat any trans fat at all. But if a food serving has less than .5 grams of trans fat, the label can claim zero grams. And if you eat 4 or 5 servings, that adds up. Want to be sure? If “partially hydrogenated” oil is listed in the ingredients, then the food definitely contains trans fat.

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!**

**Holiday Honors:**

At this Holiday season, we’d like to say thanks to the men and women of the Police Department, Fire Department, and Emergency Medical Services who protect and save our lives every day throughout the year.
HELP WANTED!

Our Auxiliary Services Department is hiring Substitute Food Service workers, Custodians and Bus Drivers. Flexible hours. Location and pay range varies by need. Please visit www.UPSD83.org and click on the “Employment” tab.

- **Monday, December 12**: Lunch - Chicken Nuggets OR Macaroni & Cheese
  - Salad Bar
  - Carrots & Broccoli
  - Peaches & Apples
  - Cookie & Milk

- **Tuesday, December 13**: Lunch - Cheeseburger OR Ham & Cheese
  - Bread Ripper
  - Salad Bar
  - Carrots & Cucumbers
  - Orange & Fruit Salad
  - Milk

- **Wednesday, December 14**: Lunch - Pepperoni Pizza OR Cheese Pizza
  - Salad Bar
  - Carrots & Cauliflower
  - Apples & Pineapple Chunks
  - Milk

- **Thursday, December 15**: Lunch - Chicken Sandwich OR Pasta w/Meat Sauce & Breadstick
  - Salad Bar
  - Carrots & Cucumber
  - Grapes & Fruit Salad
  - Milk

- **Friday, December 16**: **NO LUNCH**

**Winter Holiday Begins Today!**

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Time to turn the page!

Winter Holiday begins at the end of classes December 16, 2022

Classes resume January 3, 2023

We look forward to serving you in 2023.