University Place School District
Primary and Intermediate Schools
LUNCH menus

**November 2022**

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

**Supply and demand. And cost.**

We’re trying to continue to operate as close to our pre-pandemic level as possible. But, like the restaurant and food service sector generally, we’re facing unprecedented supply chain challenges. Sometimes we may have to substitute an item at the last minute to give our customers the best, freshest options available that day. Plus our food costs are sky-high, as you probably understand from your own trips to the grocery store. We thank our parents and kids in advance for your or-going understanding of this situation!

**Native American Heritage Month**

**November 2022**

**Calendar of Events**

- **Tuesday, November 1**
  - **Lunch**
    - Cheeseburger OR Chicken Soft Taco
  - *Salad Bar, Carrots & Cucumbers, Orange & Fruit Salad, Milk*
- **Wed., November 2**
  - **Lunch**
    - Pepperoni Pizza OR Cheese Pizza
  - *Salad Bar, Carrots & Cauliflower, Apples & Pineapple Chunks, Milk*
- **Thurs., November 3**
  - **Lunch**
    - Chicken Sandwich OR Beef & Cheese Nachos
  - *Salad Bar, Carrots & Cucumber, Grapes & Fruit Salad, Milk*
- **Friday, November 4**
  - **Lunch**
    - Cheese Breadsticks w/Sauce OR Pancakes w/Sausage
  - *Salad Bar, Carrots & Red Pepper Strips, Applesauce & Bananas, Cookie & Milk*

- **Monday, November 7**
  - **Lunch**
    - Chicken Nuggets OR Bean & Cheese Burrito
  - *Salad Bar, Carrots & Broccoli, Peaches & Apples, Cookie & Milk*
- **Tuesday, November 8**
  - **Lunch**
    - Beef Teriyaki Dippers w/Rice or Roll OR Chicken Drumstick Carrots & Cucumbers
  - *Salad Bar, Carrots & Cauliflower, Orange & Fruit Salad, Milk*
- **Wed., November 9**
  - **Lunch**
    - Pepperoni Pizza OR Cheese Pizza
  - *Salad Bar, Carrots & Cauliflower, Apples & Pineapple Chunks, Milk*
- **Thurs., November 10**
  - **Lunch**
    - Chicken Sandwich OR Corn Dog
  - *Salad Bar, Carrots & Cucumber, Grapes & Fruit Salad, Milk*
- **Friday, November 11**
  - **Lunch**
    - Cheese Breadsticks w/Sauce OR Pancakes w/Sausage
  - *Salad Bar, Carrots & Red Pepper Strips, Applesauce & Bananas, Cookie & Milk*

**Veteran’s Day**

No School Today

**NUTRITION Togo**

Cheese is a big source of fat in a typical American’s diet. A bagel sandwich with lean ham, scrambled egg, and one slice of American cheese contains about 12 grams of fat and 5 grams of saturated fat. The same bagel without cheese contains 6 grams of fat and 1 gram of saturated fat.

**A Quick Bite for Parents**
### Breakfast & Lunch Prices:

**Breakfast:**
- Grades K-4 — $2.00
- Grades 5-7 — $2.25
- Grades 8-12 — $2.50

**Lunch:**
- Grades K-4 — $3.50
- Grades 5-7 — $3.75
- Grades 8-12 — $4.00

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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### Lunch Menu

<table>
<thead>
<tr>
<th>Day</th>
<th>Menu Options</th>
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<tbody>
<tr>
<td><strong>Mon., November 14</strong></td>
<td>Lunch: Chicken Nuggets OR Macaroni &amp; Cheese</td>
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<td>Lunch: Cheeseburger OR Ham &amp; Cheese Ripper</td>
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<td>Lunch: Salad Bar Carrots &amp; Broccoli Peaches &amp; Apples Cookie &amp; Milk</td>
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<td><strong>Tues., November 15</strong></td>
<td>Lunch: Cheeseburger OR Ham &amp; Cheese Ripper</td>
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<td>Lunch: Salad Bar Carrots &amp; Cucumber Orange &amp; Fruit Salad Milk</td>
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<td><strong>Wed., November 16</strong></td>
<td>Lunch: Pepperoni Pizza OR Cheese Pizza</td>
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<td>Lunch: Salad Bar Carrots &amp; Cauliflower Orange &amp; Fruit Salad Milk</td>
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<td><strong>Thurs., November 17</strong></td>
<td>Lunch: Chicken Sandwich OR Pasta w/Meat Sauce &amp; Breadstick</td>
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<td>Lunch: Salad Bar Carrots &amp; Cucumber Grapes &amp; Bananas Cookie &amp; Milk</td>
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<td><strong>Friday, November 18</strong></td>
<td>Lunch: Cheese Bread Sticks w/Sauce OR Sweet &amp; Sour Chicken w/Rice Salad Bar</td>
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<td>Lunch: Carrots &amp; Red Pepper Strips Applesauce &amp; Bananas Cookie &amp; Milk</td>
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### Thanksgiving Break Break!

See you back here on Monday, November 28!

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### HELP WANTED!

Our Auxiliary Services Department is hiring Substitute Food Service workers, Custodians and Bus Drivers. Flexible hours. Location varies by need. Please visit www.UPSD83.org and click on the “Employment” tab to see job and pay details and to fill out an application.

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**AMERICAN COUGARS GROW UP TO 8 FEET LONG AND CAN WEIGH 200 POUNDS, BUT THEY AREN’T CONSIDERED ONE OF THE “BIG CATS” BECAUSE THEY CAN’T ROAR. THE SOUNDS THEY MAKE ARE THE SAME PURRS, SCREAMS, HISSES, AND LOW-PITCHED GROWLS THAT THE FAMILY CAT MAKES—ONLY LOUDER!**