

Monday	Tuesday	Wednesday	Thursday	Friday
27 ■ 8:00 AM Waffles ■ 11:00 AM Pancakes w/ syrup, sausage patty OR yogurt OR string cheese, tri-tators, fresh veggies, and fresh/canned fruit	28 ■ 8:00 AM Breakfast Pizza ■ 11:00 AM Taco in a bag OR chicken fajita, taco fixings, seasoned corn, and fresh/canned fruit	29 ■ 8:00 AM Pancake Bites ■ 11:00 AM Spaghetti w/ meat sauce OR chicken Alfredo, green beans, fresh veggies and fresh/canned fruit	30 ■ 8:00 AM Long John Rolls ■ 11:00 AM Pulled BBQ pork OR hamburger on a bun, potato salad, baked beans, and fresh/canned fruit	31 ■ 8:00 AM Mini Pancakes ■ 11:00 AM Italian dunkers w/sauce OR roast beef wrap, California blend veggies & fresh/canned fruit
3 ■ 8:00 AM Long John Roll ■ 11:00 AM Mini corn dogs OR Beef burrito, broccoli, bread slice, fresh veggies and fresh/canned fruit	4 ■ 8:00 AM Mini Pancakes ■ 11:00 AM Italian pasta OR Egg roll, 4-way veggies, bread slice (J/HS), fresh veggies and fresh/canned fruit	5 ■ 8:00 AM Breakfast Pizza ■ 11:00 AM Tator bowl OR Salisbury steak, mashed potatoes, corn, cranberry sauce, dinner roll, and fresh/canned fruit	6 ■ 8:00 AM Pancake Bites ■ 11:00 AM Grilled chicken patty OR Ham deli sandwich on a bun, baked beans, and fresh/canned fruit	7 ■ 8:00 AM French Toast Sticks ■ 11:00 AM Bosco Stick w/ sauce OR taco quesadilla, green beans, bread (J/HS), fresh veggies, and fresh/canned fruit
10 ■ 8:00 AM Waffles ■ 11:00 AM Lasagna roll-up OR Ham wrap, 4-way veggies, bread slice (J/HS), fresh veggies, and fresh/canned fruit	11 ■ 8:00 AM Cinnamon Rolls ■ 11:00 AM Pancakes w/ syrup, sausage patty OR yogurt OR string cheese, tri-tators, fresh veggies, and fresh/canned fruit	12 ■ 8:00 AM Yopgurt w/Granola ■ 11:00 AM Chicken nuggets OR pork chop patty, mashed potatoes, gravy, corn, cole slaw, dinner roll, and fresh/canned fruit	13 ■ 8:00 AM Bagels ■ 11:00 AM Hamburger OR Turkey deli on a bun, baked beans, fresh veggies, and fresh/canned fruit	14 No School
17 No School	18 ■ 8:00 AM Uncrustables ■ 11:00 AM Chicken patty OR Pizza burger on a bun, California blend, fresh veggies, and fresh/canned fruit	19 ■ 8:00 AM Long John Rolls ■ 11:00 AM Scalloped potatoes w/ham OR Rib sandwich, bread stick, green beans, fresh veggies, and fresh/canned fruit	20 ■ 8:00 AM Breakfast Pizza ■ 11:00 AM Chicken nuggets OR Corn dog, California blend, fresh veggies, bread slice, and fresh/canned fruit	21 ■ 8:00 AM Mini Pancakes ■ 11:00 AM Cheese quesadilla OR Mandarin orange chicken w/rice, tiny whole potatoes, carrot coins, and fresh/canned fruit
24 ■ 8:00 AM French Toast Sticks ■ 11:00 AM Mozzarella sticks w/sauce OR Chicken strips, peas, bread slice (J/HS), fresh veggies, and fresh/canned fruit	25 ■ 8:00 AM Pancake Bites ■ 11:00 AM Hard/soft shell tacos OR chicken fajita, taco fixings, steamed corn, and fresh/canned fruit	26 ■ 8:00 AM Waffles ■ 11:00 AM Spaghetti w/ meat sauce OR Chicken Alfredo, green beans, fresh veggies, and fresh/canned fruit	27 ■ 8:00 AM Assorted Snack Breads ■ 11:00 AM Choice of sub sandwich, fixings, southwest chili, crackers (J/HS), cucumber slices, and fresh/canned fruit	28 ■ 8:00 AM Frudels ■ 11:00 AM Pepperoni pizza OR cheese pizza, 4-way veggies, fresh veggies, and fresh/canned fruit
1 ■ 8:00 AM Long John Roll ■ 11:00 AM Corn dog OR Chicken nuggets, carrot coins, bread slice, fresh veggies, and fresh/canned fruit	2 ■ 8:00 AM Mini Pancakes ■ 11:00 AM Pulled BBQ pork OR Hamburger on a bun, potato salad, peas, and fresh/canned fruit	3 ■ 8:00 AM Breakfast Pizza ■ 11:00 AM Hamburger OR Pork gravy, mashed potatoes, cole slaw, corn, dinner roll, and fresh/canned fruit	4 ■ 8:00 AM Pancake Bites ■ 11:00 AM Hot dog on a bun OR turkey wrap, 4-way veggies, fresh veggies, and fresh/canned fruit	5 ■ 8:00 AM French Toast Sticks ■ 11:00 AM Bosco sticks OR Chicken strips with sauce, baked beans, fresh veggies, and fresh/canned fruit

April

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

Lunch Prices 2016-17	
Elementary	\$2.35
Secondary	\$2.50
Adult	\$4.00
Milk	\$0.35
Doubles Card (14)	\$14.10

*One extra item is \$0.97 (per day ticket only). Purchase a doubles card for \$13.90. If your child takes two or more milk, add 35¢ per additional milk.

March totals for 18 days	
Elementary	\$42.30
Secondary	\$45.00

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.