

December 2016

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

Monday	Tuesday	Wednesday	Thursday	Friday
28 <ul style="list-style-type: none"> 8:00 AM Assorted Snack Breads 11:00 AM Cheese quesadilla OR mandarin orange chicken w/rice, tiny whole potatoes, carrot coins, bread slice 	29 <ul style="list-style-type: none"> 8:00 AM Waffles 11:00 AM Pancakes w/syrup, breakfast sausage OR yogurt OR string cheese, tri-tator hashbrown, fresh veggies and fresh/canned fruit 	30 <ul style="list-style-type: none"> 8:00 AM Yogurt w/ Granola 11:00 AM Chicken nuggets OR pork chop patty, potatoes w/gravy, corn, cranberry sauce, dinner roll and fresh/ 	1 <ul style="list-style-type: none"> 8:00 AM Mini Pancakes 11:00 AM Taco OR Chicken fajita, taco fixings, 4-way veggies, fresh/canned fruit 	2 <ul style="list-style-type: none"> 8:00 AM Uncrustables 11:00 AM Mac & Cheese OR Taco quesadilla, baked beans, fresh veggies, bread slice(J/HS) and fresh/canned fruit
5 <ul style="list-style-type: none"> 8:00 AM Mini Pancakes 11:00 AM Mini corn dogs OR burrito w/ salsa, tiny whole potatoes, fresh or 4-way veggies and fresh/canned fruit 	6 <ul style="list-style-type: none"> 8:00 AM Long John Roll 11:00 AM Grilled chicken OR hamburger on a bun, baked beans, fresh veggies and fresh/canned fruit 	7 <ul style="list-style-type: none"> 8:00 AM Waffles 11:00 AM Scalloped potatoes w/ham OR BBQ rib sandwich, garlic bread stick, carrot coins, fresh veggies and fresh/canned fruit 	8 <ul style="list-style-type: none"> 8:00 AM Assorted Snack Breads 11:00 AM Sloppy Joes OR turkey deli sandwich, peas, fresh veggies and fresh/canned fruit 	9 <ul style="list-style-type: none"> 8:00 AM Frudels 11:00 AM Chicken strips OR Bosco sticks w/sauce, green beans, fresh veggies and fresh/canned fruit
12 <ul style="list-style-type: none"> 8:00 AM Breakfast Rounds 11:00 AM Mozzarella stick w/sauce OR egg roll, baked beans, bread slice (J/HS), fresh veggies and fresh/canned fruit 	13 <ul style="list-style-type: none"> 8:00 AM Bagels w/ cream cheese 11:00 AM Italian pasta OR corn dog, brocolli, bread stick (J/HS), fresh veggies and fresh/canned fruit 	14 <ul style="list-style-type: none"> 8:00 AM Mini Pancakes 11:00 AM Turkey OR hamburger gravy, mashed potatoes, cranberry sauce, bread slice, corn and fresh/canned fruit 	15 <ul style="list-style-type: none"> 8:00 AM Cinnamon Rolls 11:00 AM Choice of sub, fixings, chicken noodle soup, crackers (J/HS), cucumbers and fruit 	16 <ul style="list-style-type: none"> 8:00 AM French Toast Sticks 11:00 AM Pepperoni OR cheese pizza, 4-way veggies, fresh veggies and fresh/canned fruit
19 <ul style="list-style-type: none"> 8:00 AM Yogurt w/ Granola 11:00 AM Cheese quesadilla OR teryaki chicken w/rice, tiny whole potatoes, peas, fresh/canned fruit 	20 <ul style="list-style-type: none"> 8:00 AM Waffles 11:00 AM Tator bowl OR salisbury steak, mashed potatoes, corn, coleslaw, dinner roll and fresh/canned fruit 	21 <ul style="list-style-type: none"> 8:00 AM Long John 11:00 AM Pancakes w/syrup, sausage links OR string cheese OR yogurt, tri-tator potatoes, fresh veggies & fresh/canned fruit 	22 <ul style="list-style-type: none"> 8:00 AM Uncrustables 11:00 AM Cook's Choice 	23 <p>No School - Winter Break</p>
26 <p>No School - Winter Break</p>	27 <p>No School - Winter Break</p>	28 <p>No School - Winter Break</p>	29 <p>No School - Winter Break</p>	30 <p>No School - Winter Break</p>

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.

December totals for 15 days	
Elementary	\$35.25
Secondary	\$37.50
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.

Updated 11/21/16