

February 2017

Monday	Tuesday	Wednesday	Thursday	Friday
30 <ul style="list-style-type: none"> 8:00 AM Breakfast Rounds 11:00 AM Pancakes w/syrup, sausage patty OR string cheese OR yogurt, tri-tator potatoes, fresh veggies & fruit 	31 <ul style="list-style-type: none"> 8:00 AM Long Johns 11:00 AM Chicken patty OR pizza burger on a bun, baked beans, fresh veggies and fresh/canned fruit 	1 <ul style="list-style-type: none"> 8:00 AM Breakfast Pizza 11:00 AM Scalloped potatoes w/ham OR BBQ rib sandwich, bread stick, carrot coins, fresh veggies & fresh/canned fruit 	2 <ul style="list-style-type: none"> 8:00 AM Long Johns 11:00 AM Hamburger OR turkey wrap, buttered corn, fresh veggies and fresh/canned fruit 	3 <ul style="list-style-type: none"> 8:00 AM French Toast Sticks 11:00 AM Mozzarella stick w/sauce OR egg roll, baked beans, bread slice (J/HS), fresh veggies and fresh/canned fruit
6 <ul style="list-style-type: none"> 8:00 AM Uncrustables 11:00 AM Cheese pizza OR sweet & sour chicken, green beans, bread slice (HS), fresh veggies & fresh/canned fruit 	7 <ul style="list-style-type: none"> 8:00 AM Pancake Bites 11:00 AM Italian pasta OR corn dog, California Blend, bread slice, fresh veggies and fresh/canned fruit 	8 <ul style="list-style-type: none"> 8:00 AM Cinnamon Rolls 11:00 AM Ham deli OR sloppy Joe on a bun, baked beans, fresh veggies and fresh/canned fruit 	9 <ul style="list-style-type: none"> 8:00 AM Waffles 11:00 AM Chicken nuggets OR pork chop patty, potatoes w/gravy, corn, cranberry sauce, dinner roll, and fresh/canned fruit 	10 <ul style="list-style-type: none"> 8:00 AM Bagels w/cream cheese 11:00 AM Lasagna roll-up OR taco quesadilla, 4-way veggies, bread slice (J/HS), and fresh/canned fruit
13 <ul style="list-style-type: none"> 8:00 AM Mini Pancakes 11:00 AM Mini corn dogs OR beef burrito w/salsa, potato salad, fresh or 4-way veggies & fresh/canned fruit 	14 <ul style="list-style-type: none"> 8:00 AM Long John Roll 11:00 AM Mandarin orange chicken w/rice OR cheese quesadilla, tiny potatoes, baby carrots, bread slice & fresh/canned 	15 <ul style="list-style-type: none"> 8:00 AM Yogurt 11:00 AM Spaghetti w/meat sauce OR chicken Alfredo, green beans, fresh veggies and fresh/canned fruit 	16 <ul style="list-style-type: none"> 8:00 AM French Toast Sticks 11:00 AM Chicken wild rice soup, choice of sub sandwich, sub fixings, crackers (J/HS), cucumber slices & fresh/canned fruit 	17 <p>NO SCHOOL</p> <ul style="list-style-type: none"> 8:00 AM *CLC PSEO ITV College Classes in session (No CIS Classes)
20 <p>NO SCHOOL</p>	21 <ul style="list-style-type: none"> 8:00 AM Frudels 11:00 AM Beef taco OR chicken fajita taco, taco fixings, 4-way veggies, and fresh/canned fruit 	22 <ul style="list-style-type: none"> 8:00 AM Breakfast Pizza 11:00 AM Cheese pizza OR Teriyaki chicken, green beans, tiny potatoes, bread (HS), veggies & fresh/canned fruit 	23 <ul style="list-style-type: none"> 8:00 AM Cinnamon Rolls 11:00 AM California burger OR ham patty on a bun, potato salad, baked beans, fresh veggies, and fresh/canned fruit 	24 <ul style="list-style-type: none"> 8:00 AM Uncrustables 11:00 AM Pepperoni OR cheese pizza, peas, fresh veggies, and fresh/canned fruit
27 <ul style="list-style-type: none"> 8:00 AM Waffles 11:00 AM Pancakes w/syrup, breakfast sausage OR yogurt/string cheese, tri-tators, fresh veggies and fresh/canned fruit 	28 <ul style="list-style-type: none"> 8:00 AM Breakfast Rounds 11:00 AM Grilled chicken patty OR turkey deli on a bun, baked beans, fresh veggies, and fresh/canned fruit 	1 	2 	3

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.

February 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.

Updated 1/20/17