

# January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School – Winter Break	3 8:00 AM Mini Pancakes 11:00 AM Cheese pizza OR sweet & sour chicken w/rice, carrot coins, bread slice (HS) and fresh/canned fruit	4 8:00 AM Yogurt w/ Granola 11:00 AM Spaghetti w/meat sauce OR chicken Alfredo, broccoli, fresh veggies and fresh/canned fruit	5 8:00 AM French Toast Sticks 11:00 AM Grilled chicken patty OR ham deli sandwich, baked beans, fresh veggies and fresh/canned fruit	6 8:00 AM Uncrustables 11:00 AM Lasagna roll-up OR taco quesadilla, 4-way veggies, bread slice (J/HS) and fresh/canned fruit
9 8:00 AM Waffles 11:00 AM Chicken nuggets OR mini corn dog, baked beans, bread slice, fresh veggies and fresh/canned fruit	10 8:00 AM Cinnamon Rolls 11:00 AM BBQ pulled pork OR hamburger on a bun, cheese slice (HS), potato salad, baked beans and fresh/canned fruit	11 8:00 AM Pancake Bites 11:00 AM Tator bowl OR Salisbury steak, mashed potatoes, corn, cranberry sauce, roll and fresh/canned fruit	12 8:00 AM Bagels w/ Cream Cheese 11:00 AM Italian dunkers w/sauce OR roast beef wrap, peas, bread slice (HS), veggies and fresh/canned fruit	13 8:00 AM Breakfast Rounds 11:00 AM Chicken strips OR bosco sticks w/sauce, green beans, fresh veggies and fresh/canned fruit
16 8:00 AM Long Johns 11:00 AM Taco in a bag OR chicken fajita, taco fixings, carrot coins and fresh/canned fruit	17 8:00 AM Mini Pancakes 11:00 AM Hot dog on a bun OR turkey wrap, baked beans, fresh veggies, and fresh/canned fruit	18 8:00 AM Uncrustables 11:00 AM Hamburger OR pork gravy, mashed potatoes, coleslaw, corn, roll, animal crackers (HS) & fresh/canned fruit	19 8:00 AM French Toast Sticks 11:00 AM Choice of sub sandwich, fixings, southwest chili, crackers (J/HS), cucumber slices and fresh/canned fruit	20 8:00 AM Yogurt w/ Granola 11:00 AM Pepperoni OR cheese pizza, 4-way veggies, fresh veggies and fresh/canned fruit
23 NO SCHOOL	24 8:00 AM Waffles 11:00 AM Mozzarella stick w/sauce OR egg roll, baked beans, bread slice (J/HS), fresh veggies and fresh/canned fruit	25 8:00 AM Frudels 11:00 AM Turkey gravy OR pork gravy, mashed potatoes, corn, coleslaw, dinner roll, animal crackers (HS), and fresh/canned fruit	26 8:00 AM Cinnamon Rolls 11:00 AM Hamburger OR ham patty on a bun, cheese (HS), green beans, fresh veggies and fresh/canned fruit	27 8:00 AM Pancake Bites 11:00 AM Cheese quesadilla OR mandarin orange chicken w/rice, tiny potatoes, peas, bread slice and fresh/canned fruit
30 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 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	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.

January totals for 20 days	
Elementary	\$47.00
Secondary	\$50.00

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.