

March

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

Monday	Tuesday	Wednesday	Thursday	Friday
27 ■ 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 ■ 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 ■ 8:00 AM Long John Roll ■ 11:00 AM Bosco sticks OR chicken strips w/sauce, green beans, fresh veggies and fresh/canned fruit	2 ■ 8:00 AM Breakfast Pizza ■ 11:00 AM Tator bowl OR Salisbury steak, mashed potatoes, corn, cranberry sauce, dinner roll & fresh/canned fruit	3 ■ 8:00 AM French Toast Sticks ■ 11:00 AM Cheese lasagna OR pepperoni pizza, 4-way veggies, bread(J/HS), fresh veggies and fresh/canned fruit
6 ■ 8:00 AM Uncrustables ■ 11:00 AM Pepperoni pizza OR mini corn dogs, tiny whole potatoes, peas, fresh veggies, and fresh/canned fruit	7 ■ 8:00 AM Cinnamon Rolls ■ 11:00 AM Ham patty OR build-a-burger, baked beans, fresh veggies and fresh/canned fruit	8 ■ 8:00 AM Pancake Bites ■ 11:00 AM Hamburger OR pork gravy, mashed potatoes, coleslaw, corn, roll, fresh/canned fruit & granola bar (HS)	9 ■ 8:00 AM Waffles ■ 11:00 AM Chicken patty OR pizza burger, California blend veggies, fresh veggies and fresh/canned fruit	10 ■ 8:00 AM Bagels ■ 11:00 AM Cheese quesadilla, mandarin orange chicken w/ rice, tiny whole potatoes, peas, bread slice and fresh/canned fruit
13 ■ 8:00 AM Mini Pancakes ■ 11:00 AM Italian pasta OR egg roll, peas, fresh veggies, bread slice (J/HS), and fresh/canned fruit	14 ■ 8:00 AM Long John Rolls ■ 11:00 AM Turkey deli sandwich OR sloppy Joe, buttered corn, fresh veggies and fresh/canned fruit	15 ■ 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	16 ■ 8:00 AM Breakfast Rounds ■ 11:00 AM Corn dog OR chicken nuggets, baked beans, fresh veggies, bread slice, and fresh/canned fruit	17 ■ 8:00 AM French Toast Sticks ■ 11:00 AM Mozzarella stick w/sauce OR taco quesadilla, green beans, bread (J/HS), fresh veggies & fresh/canned fruit
20 ■ 8:00 AM Yogurt w/ Granola ■ 11:00 AM Cheese pizza OR Teriyaki chicken w/rice, green beans, fresh veggies, bread slice (HS), and fresh/canned fruit	21 ■ 8:00 AM Cinnamon Rolls ■ 11:00 AM Hot dog on a bun OR turkey wrap, baked beans, fresh veggies and fresh/canned fruit	22 ■ 8:00 AM Uncrustables ■ 11:00 AM Chicken nuggets OR pork chop patty, mashed potatoes, gravy, corn, coleslaw, roll & fresh/canned fruit	23 ■ 8:00 AM Frudels ■ 11:00 AM Choice of sub sandwich, fixings, chicken noodle soup, crackers (J/HS), cucumber slices, and fresh/canned fruit	24 ■ 8:00 AM Pancake Bites ■ 11:00 AM Pepperoni OR cheese pizza, 4-way veggies, fresh veggies and fresh/canned fruit
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

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 23 days	
Elementary	\$54.05
Secondary	\$57.50

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 2/21/17