

November 2016

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
Milk	\$0.35
Doubles Card (14)	14.10

November Totals for 19 days	
Elementary	\$44.65
Secondary	\$47.50

Lunch payments are due on the first school day of each month.

Breakfast is served FREE for all students!

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.

*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.

Check your balance online at <http://jmc.upsala.k12.mn.us/Parent>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>31</p> <ul style="list-style-type: none"> 8:00 AM Waffle 11:00 AM Pancakes w/ syrup, breakfast sausage OR yogurt/string cheese, tri-tator potatoes, fresh veggies and fresh/canned fruit 	<p>1</p> <ul style="list-style-type: none"> 8:00 AM Mini Pancakes 11:00 AM Taco in a bag OR Chicken fajita, taco fixings, corn and fresh/canned fruit 	<p>2</p> <ul style="list-style-type: none"> 8:00 AM Frudels 11:00 AM Spaghetti w/ meat sauce OR chicken Alfredo, green beans, fresh veggies and fresh/canned fruit 	<p>3</p> <ul style="list-style-type: none"> 8:00 AM Long John Roll 11:00 AM Hamburger OR ham patty on a bun, cheese(HS), 4-way veggies, fresh veggies and fresh/canned fruit 	<p>4</p> <ul style="list-style-type: none"> 8:00 AM Breakfast Rounds 11:00 AM Pepperoni OR cheese pizza, peas, fresh veggies and fresh/canned fruit
<p>7</p> <p>NO SCHOOL</p>	<p>8</p> <ul style="list-style-type: none"> 8:00 AM Waffle 11:00 AM Italian dunkers w/sauce OR Pepperoni pizza, carrot coins, fresh veggies and fresh/canned fruit 	<p>9</p> <ul style="list-style-type: none"> 8:00 AM Bagel w/Cream cheese 11:00 AM Tator bowl OR salisbury steak, mashed potatoes, corn, cranberry sauce, dinner roll and fresh/canned fruit 	<p>10</p> <ul style="list-style-type: none"> 8:00 AM French Toast Sticks 11:00 AM Hot dog OR turkey wrap, baked beans, bread slice(HS), fresh veggies and fresh/canned fruit 	<p>11</p> <ul style="list-style-type: none"> 8:00 AM Yogurt w/Granola 11:00 AM Cheese pizza OR sweet & sour chicken w/ rice, green beans, fresh veggies, bread slice(HS) and fresh/canned fruit
<p>14</p> <ul style="list-style-type: none"> 8:00 AM Mini Pancake Wraps 11:00 AM Chicken nuggets OR corn dog, baked beans, fresh veggies, bread slice and fresh/canned fruit 	<p>15</p> <ul style="list-style-type: none"> 8:00 AM Assorted Snack Breads 11:00 AM BBQ pulled pork OR California burger, potato salad, cooked carrots, fresh veggies and fresh/canned fruit 	<p>16</p> <ul style="list-style-type: none"> 8:00 AM Uncrustables 11:00 AM Chicken wild rice soup, choice of sub sandwich, sub fixings, crackers(J/HS), cucumber slices and fresh/canned fruit 	<p>17</p> <ul style="list-style-type: none"> 8:00 AM Cinnamon Rolls 11:00 AM Sloppy Joe OR ham deli sandwich on a bun, corn, fresh veggies and fresh/canned fruit 	<p>18</p> <ul style="list-style-type: none"> 8:00 AM Breakfast Pizza 11:00 AM Chicken strips OR Bosco sticks w/sauce, green beans, fresh veggies and fresh/canned fruit
<p>21</p> <ul style="list-style-type: none"> 8:00 AM Breakfast Burrito 11:00 AM Italian pasta OR egg roll, steamed broccoli, bread slice(J/HS), fresh veggies and fresh/canned fruit 	<p>22</p> <ul style="list-style-type: none"> 8:00 AM Frudels 11:00 AM Hamburger OR turkey gravy, mashed potatoes, cole slaw, dinner roll, 4-way veggies and fresh/canned fruit 	<p>23</p> <p>Early Out – Noon dismissal</p> <ul style="list-style-type: none"> 8:00 AM Mini Pancakes 10:40 AM Chicken patty OR pizza burger on a bun, baked beans, fresh veggies and fresh/canned fruit 	<p>24</p> <p>No School</p>	<p>25</p> <p>No School</p>
<p>28</p> <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 and fresh/canned fruit 	<p>29</p> <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 hash-brown, fresh veggies and fresh/canned fruit 	<p>30</p> <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/canned fruit 	<p>1</p>	<p>2</p>