

October



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
Reduced Lunch	\$0.40
Doubles Card (14)	14.10

October Totals for 19	
Elementary	\$44.65
Secondary	\$47.50
Reduced	\$7.60

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

*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.

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.

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

3 <ul style="list-style-type: none"> 8:00 AM Frudels 11:00 AM Taco OR Chicken fajita, fixings, 4-way veggies and fresh/canned fruit 	4 <ul style="list-style-type: none"> 8:00 AM Long John Roll 11:00 AM Grilled chicken patty OR ham deli on a bun, baked beans, fresh veggies and fresh/canned fruit 	5 <ul style="list-style-type: none"> 8:00 AM Mini Pancakes 11:00 AM Tator bowl OR salisbury steak, mashed potatoes, corn, cranberry sauce, dinner roll and fresh/canned fruit 	6 <ul style="list-style-type: none"> 8:00 AM Breakfast Rounds 11:00 AM Mozerella sticks w/sauce OR egg roll, broccoli, bread slice (J/HS), fresh veggies and fresh/canned fruit 	7 <ul style="list-style-type: none"> 8:00 AM Waffle 11:00 AM Cheese quesadilla OR teriyaki chicken w/rice, tiny whole potatoes, peas, fresh/canned fruit
10 <ul style="list-style-type: none"> 8:00 AM French Toast Sticks 11:00 AM Italian dunkers w/sauce OR roast beef wrap, green beans, fresh veggies, bread slice (HS) and fresh/canned fruit 	11 <ul style="list-style-type: none"> 8:00 AM Cinnamon Rolls 11:00 AM Chicken nuggets OR mini corn dogs, peas, bread slice, fresh veggies and fresh/canned fruit 	12 <ul style="list-style-type: none"> 8:00 AM Yogurt /wGranola 11:00 AM Hamburger OR pork gravy, mashed potatoes, cole slaw, dinner roll, corn, animal crackers(HS) and fresh/canned fruit 	13 <ul style="list-style-type: none"> 8:00 AM Assorted Snack Breads 11:00 AM Sloppy Joes OR ham deli on a bun, baked beans, fresh veggies and fresh/canned fruit 	14 <ul style="list-style-type: none"> 8:00 AM Mini Pancake Wraps 11:00 AM Mac & cheese OR taco quesadilla, 4-way veggies, bread(HS), fresh veggies and fruit
17 <ul style="list-style-type: none"> 8:00 AM Uncrustables 11:00 AM Mandarin orange chicken w/rice OR cheese pizza, tiny whole potatoes, green beans and fresh/canned fruit 	18 <ul style="list-style-type: none"> 8:00 AM Breakfast Pizza 11:00 AM Turkey gravy OR pork gravy, mashed potatoes, corn, cole slaw, granola bar(HS), and fresh/canned fruit 	19 <ul style="list-style-type: none"> 8:00 AM Long John Roll 11:00 AM Choice of sub sandwich, sub fixings, southwest chili, crackers (J/HS), cucumber slices and fresh/canned fruit 	20-21 NO SCHOOL Education MN Conferences	
24 <ul style="list-style-type: none"> 8:00 AM Breakfast Burrito 11:00 AM Mini corn dogs Or burrito w/salsa, tiny whole potatoes, peas, fresh veggies and fresh/canned fruit 	25 <ul style="list-style-type: none"> 8:00 AM Breakfast Rounds 11:00 AM Hamburger OR Hot dog on a bun, cheese slice, baked beans, fresh veggies and fresh/canned fruit 	26 <ul style="list-style-type: none"> 8:00 AM Frudels 11:00 AM Scalloped potatoes w/ham OR BBQ rib sandwich, bread stick, cooked carrots, fresh veggies and fresh/canned fruit 	27 <ul style="list-style-type: none"> 8:00 AM Bagels w/Cream Cheese or Peanut Butter 11:00 AM Chicken patty OR ham patty, cheese slice(HS), cooked carrots, fresh veggies and fresh/canned fruit 	28 <ul style="list-style-type: none"> 8:00 AM French Toast Sticks 11:00 AM Chicken strips OR Bosco sticks w/sauce, green beans, fresh veggies and fresh/canned fruit
31 <ul style="list-style-type: none"> 8:00 AM Waffles 11:00 AM Pancakes w/ syrup, breakfast sausage OR yogurt/string cheese, tri-tator potatoes, fresh veggies and fresh/canned fruit 	1	2	3	4