

# September

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

4	5	6	7	8
	<b>First Day of Classes</b> ■ 8:00 AM Uncrustables ■ 11:00 AM Hamburger OR Turkey deli on a bun, baked beans, fresh veggies & fruit	■ 8:00 AM Long John Roll ■ 11:00 AM Chicken nuggets OR Mini corn dogs, tiny whole potatoes, carrot coins, fresh veggies & fresh/canned fruit	■ 8:00 AM Breakfast Pizza ■ 11:00 AM Taco in a bag OR Chicken fajita, taco fixings, buttered corn, and fresh/canned fruit	■ 8:00 AM Waffles ■ 11:00 AM Cheese pizza OR Mandarin orange chicken w/ rice, green beans, fresh veggies, bread slice(HS), and fresh/canned fruit
11	12	13	14	15
■ 8:00 AM Mini Pancakes ■ 11:00 AM Italian pasta OR Egg roll, carrot coins, fresh veggies, bread slice (J/HS), and fresh/canned fruit	■ 8:00 AM Cinnamon Rolls ■ 11:00 AM Chicken patty OR Pizza burger on a bun, baked beans, fresh veggies, and fresh/canned fruit	■ 8:00 AM Bagels ■ 11:00 AM Tator bowl OR Salisbury steak, mashed potatoes, cole slaw/cranberry sauce, corn, bread slice (HS), and fresh/canned fruit	■ 8:00 AM French Toast Sticks ■ 11:00 AM BBQ pulled pork OR California burger, cheese slice, potato salad, California blend & fresh/canned fruit	■ 8:00 AM Breakfast Rounds ■ 11:00 AM Bosco sticks w/sauce OR Ham wrap, peas, fresh veggies, bread slice (HS), and fresh/canned fruit
18	19	20	21	22
■ 8:00 AM Frudels ■ 11:00 AM Pancakes w/syrup, breakfast sausage OR yogurt OR cheese stick, tri-tator hashbrown patty, fresh veggies, and fresh/canned fruit	■ 8:00 AM Long John Rolls ■ 11:00 AM Sloppy Joe OR Ham deli on a bun, 4-way veggies, fresh veggies, and fresh/canned fruit	■ 8:00 AM Uncrustables ■ 11:00 AM Chicken nuggets OR Pork chop patty, potatoes, gravy, corn, bread slice (J/HS) & fresh/canned fruit	■ 8:00 AM Breakfast Pizza ■ 11:00 AM Hot dog OR Turkey wrap, California blend, bread slice(HS), fresh veggies, and fresh/canned fruit	■ 8:00 AM Yogurt w/ Granola ■ 11:00 AM Max sticks w/sauce OR chicken strips, baked beans, fresh veggies, bread slice (J/HS), and fresh/canned fruit
25	26	27	28	29
■ 8:00 AM Assorted Snack Breads ■ 11:00 AM Spaghetti w/meat sauce OR Chicken Alfredo, green beans, baby carrots, and fresh/canned fruit	■ 8:00 AM Cinnamon Rolls ■ 11:00 AM Ham deli OR Grilled chicken patty on a bun, carrot coins, fresh veggies, and fresh/canned fruit	■ 8:00 AM Waffle ■ 11:00 AM Hamburger OR Pork gravy, mashed potatoes, corn, cranberry sauce, bread slice, fresh/canned fruit & animal crackers (HS)	■ 8:00 AM French Toast Sticks ■ 11:00 AM Build-a-burger OR Ham patty on a bun, baked beans, fresh veggies, and fresh/canned fruit	<b>EarlyOut-Dismissal@Noon</b> ■ 8:00 AM Mini Pancakes ■ 10:20 AM Corn dog OR Rib patty, 4-way veggies, bread, fresh veggies & fruit

Lunch Prices 2017-18	
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.

Sept. totals for 19 days	
Elementary	\$44.65
Secondary	\$47.50

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 4/7/2017

**Breaking the Fast** We all “fast” for seven or more hours a night when we sleep. “Break the fast” with some nourishing food. If you feel a little sluggish when you miss your morning meal, you have a good reason. You’re running your “engine” on empty. Eating breakfast restores your body’s supply of blood glucose, the brain’s main fuel source. Here are some benefits of breakfast:

- Breakfast improves school performance. Children who skip breakfast have trouble staying on task in school and become tired and irritable.
- Breakfast improves nutrition. Researchers have shown that children who eat breakfast are more likely to meet their needs for calcium, iron, riboflavin, folic acid, iron, vitamins A and D and other nutrients. They also eat less fat.
- People who eat breakfast tend to eat more healthfully all day. Breakfast skippers usually don’t make up for the nutrients they missed at breakfast — and they may overeat later. *From the University of Nebraska-Lincoln Institute of Agriculture and National Resources at <http://food.unl.edu/september-food-calendar>*