













November 2023 UPK Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch: FREE Milk \$.60	Breakfast and lunch are now FREE for all students! 		Cheese Breadsticks <i>or</i> Turkey Sandwich Steamed Broccoli 1	Tyson Chicken Patty Sandwich <i>or</i> Ham Sandwich French Fries 2	Cheese Pizza <i>or</i> Cheeseburger  Garden Green Peas 3
Included Daily Seasonal Fresh and/or Canned Fruit 1% White Milk Local & Fresh Look for the apple on our menu that designates a local product from NY. 	Chicken Nuggets with Cornbread <i>or</i> Egg Salad Sandwich  Green Beans  6	Homemade Pancakes <i>or</i> Bagel w/ CC Sausage Links Potato Puffs 7	Mozzarella Sticks Seasoned Rotini <i>or</i> Ham Sandwich Baby Carrots 8	Cheese Pizza <i>or</i> Turkey Sandwich Assorted Vegetables 9	 10
	Crispy Chicken Sandwich <i>or</i> Tuna Sandwich French Fries 13	Penne Pasta w/ Meatballs Garlic Bread <i>or</i> Turkey Sandwich  Green Beans 14	Waffles with Sausage Links <i>or</i> Yogurt Meal Potato Puffs 15	Roast Turkey & Gravy Fresh Baked Bread <i>or</i> Ham Sandwich Mashed Potatoes 16	Cheese Pizza <i>or</i> Italian Sub (Ham, Salami, Pepperoni) Veggie Sticks 17
	Cheese Lasagna Fresh Baked Bread <i>or</i> Turkey Sandwich Steamed Broccoli 20	<u>K-5 Early Dismissal</u> Turkey Sandwich Assorted Vegetables 21	 Thanksgiving Holiday Enjoy the break with friends and family!		
Boar's Head deli meats on all sandwiches!  Boar's Head	Macaroni & Cheese Fresh Baked Bread <i>or</i> Egg Salad Sandwich  Garden Green Peas  27	 Nachos w/ NY Beef & Cheese Sauce Fluffy Brown Rice <i>or</i> Turkey Sandwich Steamed Corn 28	Tyson Chicken Patty Sandwich <i>or</i> Ham Sandwich French Fries 29	Grilled Cheese <i>or</i> Pulled Pork Sandwich Baked Beans 30	