

Breakfast Price: Everyone is FREE for the '24-'25 School Year!

AUGUST 26TH—SEPTEMBER 6, 2024



COME AND JOIN US FOR A DELICIOUS BREAKFAST!
A healthy school breakfast is the perfect way to jump start your day!

Welcome!
We are very excited to see and serve you again! Please check our district website for more meal program information, menus, and Free/reduced application information:
<https://www.upsd.org/departments/food-service>

Food Services is Hiring!!!
Earn while your children learn!
We have openings! If you are interested, please go to : <https://www.upsd.org/departments/human-resources/employment-opportunities> and hit the "Apply Now" button to see what positions are available!

Daily Hot Breakfast Choices
Monday: Hot Breakfast Sandwich
(Egg & Cheese on a croissant or Egg, Cheese & Breakfast Meat* on a Croissant)
(*Bacon, Ham, or Sausage)
Tuesday: A Sweet Surprise!
(all Sweet Surprises are whole grain)
Either: French Toast, Waffles, Donut Holes, or Pancakes
Wednesday: Hot Breakfast Pizza
Thursday: Hot Breakfast Sandwich
(Egg & Cheese on a croissant or Egg, Cheese & Breakfast Meat* on a Croissant)
(*Bacon, Ham, or Sausage)
Friday: A Sweet Surprise!
(all Sweet Surprises are whole grain)
Either: French Toast, Waffles, Funnel Cake or Pancakes

Daily Cold Choices
Assorted Cereal
(all cereals are whole grain and reduced sugar)
Cheerios
Honey Nut Cheerios
Lucky Charms
Cinnamon Toast Crunch
Daily Milk Choices:
1% White
Fat Free Chocolate
Fat Free Strawberry
(when available)

Daily Breads and Grains Choices
Whole Grain Pop Tarts
(Brown Sugar Cinnamon, Frosted Strawberry, or Frosted Blueberry)
Whole Grain Muffins
(Blueberry, Choc Chip, Banana, or Apple Cinnamon)
Whole Grain BeneFIT Breakfast Bars
(Oatmeal Choc Chip, French Toast, or Banana Choc Chunk)

Daily Fruit Choices
Apple Slices
Oranges
Bananas
Raisin Box
Daily 100% Juice Choices
Orange Juice
Paradise Punch
Grape Juice
Apple Juice

BREAKFAST IS FREE* FOR EVERYONE, EVERY DAY!
***Note: You must take at least 3 of the 4 offered items, and one must be a fruit or vegetable in order to qualify for Free!**

What makes a Breakfast?
Choose at least 3 of of 4 items (and one must be a fruit or vegetable).
Choose all 4 for THE BEST breakfast!!

This menu covers the following weeks:
August 26- August 29, 2024
&
September 3-6, 2024
We are off August 30th and September 2nd, 2024