

JANUARY 2024

WW= Whole Wheat
WG= Whole Grain

MON

TUE

WED

TH

FRI

Daily Milk Choices:

1% White
Fat Free Chocolate
And
Fat Free Strawberry
(when available)

COME AND JOIN US FOR A DELICIOUS BREAKFAST!

A healthy school breakfast is the perfect way to jump start your day!

Daily 100% Juice

Choices:
Orange Juice
Fruit Punch
Grape Juice
Apple Juice

Additional Daily

Fruit Choices:

Applesauce Cup
Raisin Box

Choose at least 3 of 4 items (and one must be a fruit or vegetable). Choose all 4 for a great breakfast!!

1 Happy New Year!
No School Today
Welcome to 2024!



2 Mini WG Cinnamon Roll

Apple Sauce
Choice of Juice
Choice of Milk

3 WG Breakfast Bar

Oranges
Choice of Juice
Choice of Milk

4 ww French Toast

Peaches
Choice of Juice
Choice of Milk

5 WW Frudel

Pineapple
Choice of Juice
Choice of Milk

8 WW Confetti Pancakes

Apple Slices
Choice of Juice
Choice of Milk

9 ww Chocolate Chip Muffin

Pears
Choice of Juice
Choice of Milk

10 WG Waffles

Oranges
Choice of Juice
Choice of Milk

11 Egg & Cheese on a ww Croissant

Peaches
Choice of Juice
Choice of Milk

12 ww Bagel w/Cream Cheese

Pineapple
Choice of Juice
Choice of Milk

Daily Cereal choices:

Whole Grain Cheerios

Lucky Charms
(Whole Grain, Reduced Sugar)

Cinnamon Toast Crunch
(Whole Grain, Reduced Sugar)

Hello!!

We are very excited to see and serve you!

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!

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!



All Breakfasts are Free of Charge for the 2023-2024 school year!!

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15 No School Today!
Martin Luther King Day



16 Mini WG Cinnamon Roll
Pears
Choice of Juice
Choice of Milk

17 wg Breakfast Bar
Oranges
Choice of Juice
Choice of Milk

18 ww French Toast
Peaches
Choice of Juice
Choice of Milk

19 WW Frudel
Pineapple
Choice of Juice
Choice of Milk

22 WW Pancakes
Apple Slices
Choice of Juice
Choice of Milk

23 ww Chocolate Chip Muffin
Pears
Choice of Juice
Choice of Milk

24 wg Waffles
Oranges
Choice of Juice
Choice of Milk

25 Egg & Cheese on a ww Croissant
Peaches
Choice of Juice
Choice of Milk

26 ww Bagel w/Cream Cheese
Pineapple
Choice of Juice
Choice of Milk

29 WW Banana Muffin
Apple Slices
Choice of Juice
Choice of Milk

30 Mini WG Cinnamon Roll
Pears
Choice of Juice
Choice of Milk

31 wg Breakfast Bar
Oranges
Choice of Juice
Choice of Milk

February 1
ww French Toast
Peaches
Choice of Juice
Choice of Milk

February 2
WW Frudel
Pineapple
Choice of Juice
Choice of Milk

Daily Cereal choices:

Whole Grain Cheerios

Lucky Charms
(Whole Grain, Reduced Sugar)

Cinnamon Toast Crunch
(Whole Grain, Reduced Sugar)

Welcome Back!

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