JANUARY 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:

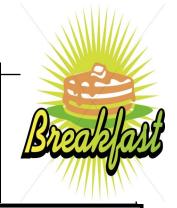
https://www.upsd.org/departments/food-service

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 in January 2024:

January 2-5, January 8-12, January 16-19, January 22-26, January 29-31 Feb 1-2

No School on: January 1st & 15th

UPPER PERKIOMEN HIGH SCHOOL BREAKFAST