

Breakfast Price: Everyone is
FREE for the '23-'24 School Year!

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](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