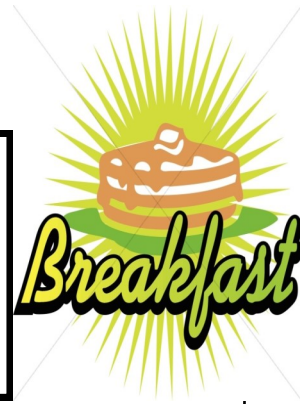


All Breakfasts are
Free of Charge

JUNE 6-10, 2022



**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 you and serve you!

Currently, all breakfasts & lunches are FREE OF CHARGE!

The only thing there would be a charge for is if a student does not take a complete breakfast (they need to choose at least 3 out of the 4 items (and one must be a fruit or vegetable), or would like extras (extra drink, extra entrée, etc.). We will be posting our menus in 2 week increments. Please check our district website for more meal program information: <https://www.upsd.org/departments/food-service>

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 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)**

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**

Summer Meals Locator!

Summer Meal Programs help close the nutrition gap children face when schools let out for summer — when children no longer receive school meals they relied on throughout the school year.

Please use this information about the availability and location of free meals for students over the summer months through the Summer Food Service Program. All meals are completely free for ALL kids 18 and under. For the tool to look up site locations (using zip code), days and times, as well as the USDA National Hunger Hotline number, please visit the following website:
www.fns.usda.gov/summerfoodrocks
(note, this replaces the whyhunger.org website)

Grab-and-Go Summer Meals - Located within the Upper Perkiomen SD Community

The Open Link is once again offering free Grab-and-Go meals for ALL kids 18 and under. Each child will receive 2 free breakfast and 2 free lunch meals. Beginning on June 13th through August 19th, the meals will be offered on various days and times at 5 different locations. Drive-thru or walk up services are available. For locations and times please visit the following website: [https://www.upsd.org/uploaded/Open link Summer Meals 2022 \(010\).pdf](https://www.upsd.org/uploaded/Open_link_Summer_Meals_2022_(010).pdf)

What makes a Breakfast?

**Choose at least 3 of 4 items
(and one must be a fruit or
vegetable).**

**Choose all 4 for THE BEST
breakfast!!**

**This breakfast menu
covers the following
weeks:**

June 6-10, 2022