

JUNE 6-10, 2022

All Breakfasts are
Free of Charge



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>

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!!

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Hot Entrée Choice	Pancakes With Sausage	Egg & Cheese On a Bagel	Waffles With Sausage	Egg & Cheese On a Bagel	French Toast With Sausage
Cold Choice #1	Assorted Cereal w/Milk Choice	Assorted Cereal w/Milk Choice	Assorted Cereal w/Milk Choice	Assorted Cereal w/Milk Choice	Assorted Cereal w/Milk Choice
Cold Choice #4	Assorted Muffins, Cereal Bars & Granola Bars	Assorted Muffins, Cereal Bars & Granola Bars	Assorted Muffins, Cereal Bars & Granola Bars	Assorted Muffins, Cereal Bars & Granola Bars	Assorted Muffins, Cereal Bars & Granola Bars
100% Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice
Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk

Daily 100%
Juice
Choices:

Orange
Juice

Apple Juice

Daily Milk
Choices:

1% White

Fat Free
Chocolate

Fat Free
Strawberry

Cereal Choices—
All are whole grain
& reduced sugar:

Cheerios

Cinnamon Toast
Crunch

Lucky Charms

This
breakfast
menu covers
the following
weeks:
June 6-10,
2022

Assorted
Fruit
Choices:

Apple Slices

Bananas

Raisin Box

Assorted Muffins
&
Granola Bars
(all are whole grain):

WG Chocolate
Chip Muffin

Rice Crispy
Cereal Bar

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%20link%20Summer%20Meals%202022%20(010).pdf)