

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

JUNE 1-6 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

Summer Meals Locator!

"Because Hunger doesn't take a vacation"

[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.

Find a Summer Food Service Program meal site

near you:

- Call 211, 1-866-3-Hungry, or 1-877-8Hambre, or
- Text "Summer" or "VERANO" to 914-342-7744 or
- Download the [Range app](#) to your mobile device or
- Visit fns.usda.gov/meals4kids— meal sites are added and removed throughout the summer, so check the webpage often to ensure you have the most up-to-date information.

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. For locations and times please visit the following website: <https://www.theopenlink.org/food-nutrition/summer-kids-meal-program/>

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!!

Students: Are you ending the year with a balance in your account?

If so, this balance will be rolled over for your use next year, and will also transfer from one school (or grade) to another within our district

(ex: from elementary to 4/5 grade center, or from 8th grade to HS, etc.).

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!**