

# JUNE 1-6, 2024

All Breakfasts are Free of Charge



**Welcome! We are very excited to see you and serve you!**

Currently, all breakfasts 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!!

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
Hot Entrée Choice	Pancakes With Sausage	Egg & Cheese Or Sausage Egg & Cheese On a ww Croissant	Waffles With Sausage	Egg & Cheese Or Sausage Egg & Cheese On a ww Croissant
Cold Choice #1	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
100% 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
Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk

**Have a Great Summer!**  
Food Services wishes each of you a wonderful, restful and enjoyable summer. See you in August!

**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.).

## 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](https://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/>

<b>Daily 100% Juice Choices:</b> Orange Juice Apple Juice	<b>Daily Milk Choices:</b> 1% White  Fat Free Chocolate  Fat Free Strawberry	<b>Cereal Choices– All are whole grain &amp; reduced sugar:</b>  Cheerios Cinnamon Toast Crunch Lucky Charms	<b>Assorted Muffins &amp; Granola Bars (all are whole grain):</b> WG Chocolate Chip Muffin  Rice Crispy Cereal Bar
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