

All Breakfasts are Free of Charge

JUNE 6-10, 2022

WW= Whole Wheat
WG= Whole Grain

MON

TUE

WED

TH

FRI

Daily Milk Choices:

1% White
Fat Free Chocolate
And
Fat Free Strawberry
(when available)

COME AND JOIN US FOR A DELICIOUS BREAKFAST!

A healthy school breakfast is the perfect way to jump start your day!

Daily 100% Juice

Choices:
Orange Juice
Fruit Punch
Grape Juice
Apple Juice

Additional Daily Fruit Choices:

Applesauce Cup
Raisin Box

Choose at least 3 of 4 items (and one must be a fruit or vegetable). Choose all 4 for a great breakfast!!

6

WW Eggo Pancake Bites

Pineapple
Choice of Juice
Choice of Milk

7

Sunny Fresh Breakfast Wrap

Pears
Choice of Juice
Choice of Milk

8

WG Chocolate Chip Muffin

Fresh Oranges
Choice of Juice
Choice of Milk

9

WG French Toast Sticks

Peaches
Choice of Juice
Choice of Milk

10 Have a Great Summer!
WG Cherry Frudel

Apple Slices
Choice of Juice
Choice of Milk

Daily Cereal choices:

Whole Grain Cheerios

Lucky Charms
(Whole Grain, Reduced Sugar)

Cinnamon Toast Crunch
(Whole Grain, Reduced Sugar)

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>

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)

