

All Breakfasts are Free of Charge

JUNE 1-6, 2024

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!!

3
Managers Choice!
(Assorted Breakfast items)

Choice of Fruit
Choice of Juice
Choice of Milk

4
ww Chocolate Chip Muffin

Choice of Fruit
Choice of Juice
Choice of Milk

5
Managers Choice!
(Assorted Breakfast items)

Choice of Fruit
Choice of Juice
Choice of Milk

6
Managers Choice!
(Assorted Breakfast items)

Choice of Fruit
Choice of Juice
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.).

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!

“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

Text "Summer" or "VERANO" to 914-342-7744

Download the [Range app](#) to your mobile device

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/>