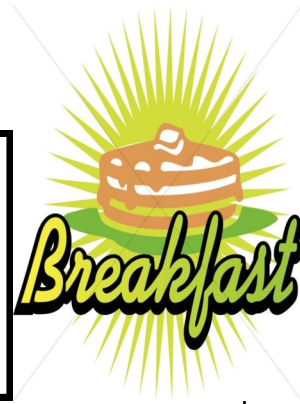


All Breakfasts are  
Free of Charge

**MAY 23-JUNE 3, 2022**



**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 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>

**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 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 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**

**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!!

This breakfast menu covers the following  
weeks:

May 23-27, 2022 & May 31-June 3, 2022

There is no school on May 30, 2022