

# MAY 23-JUNE 3, 2022

All Breakfasts are  
Free of Charge



**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>

**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!!**

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Hot Entrée Choice	Pancakes With Sausage	Egg & Cheese On a Bagel	Waffles With Sausage	Egg & Cheese On a Bagel	French Toast With Sausage
Cold Choice #1	Assorted Cereal w/Milk Choice	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	Assorted Muffins, Cereal Bars & Granola Bars
100% Juice	Choice of 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	Assorted Fresh Fruit
Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk

Daily 100% Juice  
Choices:

Orange Juice

Apple Juice

Daily Milk Choices:

1% White

Fat Free Chocolate

Fat Free Strawberry  
(when available)

Cereal Choices—  
All are whole grain &  
reduced sugar:

Cheerios

Cinnamon Toast  
Crunch

Lucky Charms

This breakfast menu covers  
the following weeks:  
May 23-27, 2022 &  
May 30-June 3, 2022

There is no school  
on May 30, 2022

Assorted Fruit  
Choices:

Apple Slices

Bananas

Raisin Box

Assorted Muffins &  
Granola Bars  
(all are whole grain):

WG Chocolate Chip Muffin

Rice Crispy Cereal Bar