

All Breakfasts are Free of Charge for the 2024-2025 school year!!

NOVEMBER 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!!



1
ww Frudel

Apple Slices
Choice of Juice
Choice of Milk

4
ww Banana Muffin

Applesauce
Choice of Juice
Choice of Milk

5 In Service Day
No school



6
Mini WG Cinnamon Roll

Oranges
Choice of Juice
Choice of Milk

7
ww Pancakes

Peaches
Choice of Juice
Choice of Milk

8
ww Breakfast Bars
(assorted flavors)

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 Back!

We are very excited to see you and serve you!

BREAKFAST IS FREE* FOR EVERYONE, EVERY DAY!

*Note: You must take at least 3 of the 4 offered items, and one must be a fruit or vegetable in order to qualify for Free!

Please check our district website for more meal program information, menus, and Free/reduced application information:

<https://www.upsd.org/departments/food-service>

Food Services is Hiring!!!

Earn while your children learn!

We have openings! If you are interested, please go to :

<https://www.upsd.org/departments/human-resources/employment-opportunities>

and hit the "Apply Now" button to see what positions are available!



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|---|--|--|---|--|
| <p>Daily Milk Choices: 1% White Fat Free Chocolate <i>And</i> Fat Free Strawberry (when available)</p> | <p>COME AND JOIN US FOR A DELICIOUS BREAKFAST!</p> <p>A healthy school breakfast is the perfect way to jump start your day!</p> | <p>Daily 100% Juice Choices: Orange Juice Fruit Punch Grape Juice Apple Juice</p> | <p>Additional Daily Fruit Choices: Applesauce Cup Raisin Box</p> | <p>Choose at least 3 of 4 items (and one must be a fruit or vegetable). Choose all 4 for a great breakfast!!</p> |
|---|--|--|---|--|

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|--|---|---|--|---|
| <p>11 ww Eggo Confetti Pancake Applesauce Choice of Juice Choice of Milk</p> | <p>12 WG Pillsbury Mini Cinni's Pear Cup Choice of Juice Choice of Milk</p> | <p>13 ww Chocolate Chip Muffin Oranges Choice of Juice Choice of Milk</p> | <p>14 WG French Toast Peaches Choice of Juice Choice of Milk</p> | <p>15 ww Frudel Apple Slices Choice of Juice Choice of Milk</p> |
| <p>18 ww Banana Muffin Applesauce Choice of Juice Choice of Milk</p> | <p>19 ww Mini Waffles Pear Cup Choice of Juice Choice of Milk</p> | <p>20 Mini WG Cinnamon Roll Oranges Choice of Juice Choice of Milk</p> | <p>21 ww Pancakes Peaches Choice of Juice Choice of Milk</p> | <p>22 ww Breakfast Bars (assorted flavors) Apple Slices Choice of Juice</p> |
| <p>25 No School Today</p> | <p>26 No School Today</p> | <p>27 No School Today</p> | <p>28 No School Today</p> | <p>29 No School Today</p> |



HEREFORD & MARLBOROUGH ELEMENTARY, & 4TH & 5TH GRADE CENTER BREAKFAST