

Breakfast Price: Everyone is FREE for the '24-'25 School Year!

NOVEMBER 2024



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 and serve you again! 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!

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, Donut Holes, 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, Funnel Cake 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

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!

What makes a Breakfast?

Choose at least 3 of of 4 items (and one must be a fruit or vegetable).

Choose all 4 for THE BEST breakfast!!

This menu covers the following weeks:

November 1, November 4, 6-8

November 11-15

November 18-22

We are off : November 5 &

November 25-29, 2024

UPPER PERKIOMEN HIGH SCHOOL BREAKFAST