



NOVEMBER 2024

Breakfast Price:
FREE

Welcome Back!

We are very excited to see you 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 part time 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!

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	Egg & Cheese <u>or</u> Sausage Egg & Cheese On a ww Croissant	Waffles With Sausage	Egg & Cheese <u>or</u> Bacon Egg & Cheese On a ww Croissant	French Toast
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, BeneFit Bars & Granola Bars	Assorted Muffins, BeneFit Bars & Granola Bars	Assorted Muffins, BeneFit Bars & Granola Bars	Assorted Muffins, BeneFit Bars & Granola Bars	Assorted Muffins, BeneFit 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

Cocoa Puffs

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

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!*

Assorted Fruit Choices:

Apple Slices

Bananas

Raisin Box

Assorted Muffins & (all are whole grain):

WG Chocolate Chip Muffin

WG Blueberry Muffin