

# SEPTEMBER 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 With Sausage	Egg & Cheese On a ww Croissant	Waffles With Sausage	Egg & Cheese or Bacon Egg & Cheese On a ww Croissant	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, 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:

September 3-6,  
September 9-13,  
September 16-20,  
September 23-27,  
and September 30, 2024

We are off  
September 2, 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