

All Breakfasts are Free of Charge

SEPTEMBER 27- OCTOBER 8, 2021

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!!

September 27
ww Apple Cinnamon Muffin
Pineapple
Choice of Juice
Choice of Milk

28
ww Mini Waffles
Pears
Choice of Juice
Choice of Milk

29
Mini WG Cinnamon Roll
Oranges
Choice of Juice
Choice of Milk

30
ww Pancake Sausage Bites
Peaches
Choice of Juice
Choice of Milk

October 1
Bagel w/Cream Cheese
Apple Slices
Choice of Juice
Choice of Milk

October 4
Eggo Pancake Bites
Pineapple
Choice of Juice
Choice of Milk

5
Sunny Fresh Breakfast Wrap
Pears
Choice of Juice
Choice of Milk

6
ww Chocolate Chip Muffin
Oranges
Choice of Juice
Choice of Milk

7
WG French Toast
Peaches
Choice of Juice
Choice of Milk

8
ww Frudel
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!

We are very excited to see you and serve you again!

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>

