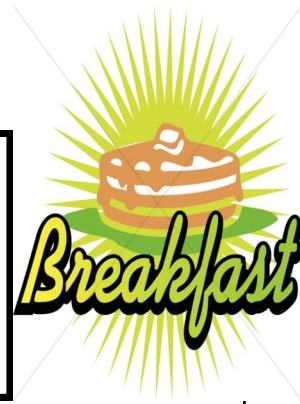


All Breakfasts are
Free of Charge

SEPTEMBER 27–OCTOBER 8, 2021



COME AND JOIN US FOR A
DELICIOUS BREAKFAST!

A healthy school breakfast is
the perfect way
to jump start your day!

Welcome Back! 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>

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 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 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

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:

September 27– October 1, 2021
&
October 4-8, 2021