

SEPTEMBER 13-24, 2021

All Breakfasts are
Free of Charge



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>

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 Bagel	Waffles With Sausage	Egg & Cheese On a Bagel	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, Cereal Bars & Granola Bars	Assorted Muffins, Cereal Bars & Granola Bars	Assorted Muffins, Cereal Bars & Granola Bars	Assorted Muffins, Cereal Bars & Granola Bars	Assorted Muffins, Cereal 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

This menu covers the
following weeks:

September 13-17, 2021
&
September 20-24, 2021

Assorted Fruit Choices:

Apple Slices
Bananas
Raisin Box

Assorted Muffins &
Granola Bars
(all are whole grain):

WG Chocolate Chip Muffin
Rice Crispy Cereal Bar