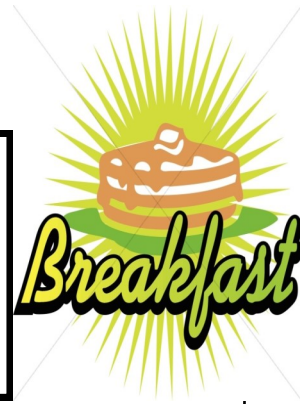


All Breakfasts are
Free of Charge

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