

As part of the Community Eligibility Provision (CEP), we are pleased to announce that breakfast and lunch will be provided to all students at no charge. Please note that this applies to the first meal only. Any second meals will incur a charge. Enjoy your meals!

# MENU

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**OCTOBER**  
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## UPK BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 1	Assorted Muffin String Cheese Fruit 1% Milk	1 Cinni Mini String Cheese Fruit 1% Milk	2 NO SCHOOL Rash Hashanah	3 Banana Bread String Cheese Fruit 1% Milk
7 Bagel, Cream Cheese Fruit 1% Milk	8 Assorted Muffin String Cheese Fruit 1% Milk	9 Cinni Mini String Cheese Fruit 1% Milk	10 Assorted Cereal String Cheese Fruit 1% Milk	11 Assorted Muffin String Cheese Fruit 1% Milk
14 No school Columbus/ Indigenous Day	15 Assorted Muffin String Cheese Fruit 1% Milk	16 Cinni Mini String Cheese Fruit 1% Milk	17 Assorted Cereal String Cheese Fruit 1% Milk	18 Banana Bread String Cheese Fruit 1% Milk
21 Bagel, Cream Cheese Fruit 1% Milk	22 Assorted Muffin String Cheese Fruit 1% Milk	23 Cinni Mini String Cheese Fruit 1% Milk	24 Assorted Cereal String Cheese Fruit 1% Milk	25 Assorted Muffin String Cheese Fruit 1% Milk
28 Yogurt & Granola Fruit 1% Milk	29 Assorted Muffin String Cheese Fruit 1% Milk	30 Cinni Mini String Cheese Fruit 1% Milk	31 Assorted Cereal String Cheese Fruit 1% Milk	1 Banana Bread String Cheese Fruit 1% Milk



View Menus Online



Menu nutrition, including carbohydrate counts, and specialty menu information can be found online.

Menu is subject to change. Notice is posted when available.

**All lunch meals include a variety of fresh fruit, vegetables and low-fat white or flavored milk.**

This institution is an equal opportunity employer.

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**CAPITAL REGION**  
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 SHARED FOOD SERVICE PROGRAM

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MENU TEMPLATES CREATED BY CHEF ANN FOUNDATION