



BREAKFAST

Breakfast is FREE for
all students all year!

SEPTEMBER 2024

Caley, Candlebrook, Gulph, and Roberts
Elementary Schools

Additional Fruit: raisins, apples or
other fruit available as a 2nd fruit every
day.
"CHOICE OF MILK"- 1% White Milk,
Fat Free Chocolate Milk

Monday

No School

Tuesday

Choose from:
Pancake Bowl
Or
Banana Muffin
Or
Cinnamon Toast Crunch Cereal Bar
Banana, Choice of Milk

Wednesday

Choose from:
Egg, Cheese, Turkey Bacon Panini
or
Blueberry Pop Tart
Or
Zee Zees Cereal Bar
Quartered Orange, Choice of Milk

Thursday

Choose from:
Egg, Cheese, Turkey Sausage Sandwich
on Biscuit
Or
Warm Bagel with Cream Cheese
Or
Trix Cereal Bar
Apple Juice, Choice of Milk

Friday

Choose from:
Egg, Cheese, Turkey Bacon on Pretzel Roll
Or
Frudel
Or
Zee Zees Cereal Bar
Apple Slices, Choice of Milk

Choose from:
Honey Chicken on a Biscuit
Or
Oatmeal Chocolate Chip Bar
OJ, Choice of Milk

Choose from:
Egg, Cheese, Turkey Bacon Sandwich
on Croissant
Or
Chocolate Chip Muffin
Or
Cinnamon Toast Crunch Cereal Bar
Banana, Choice of Milk

Choose from:
Egg, Cheese, Turkey Bacon Panini
Or
Strawberry Pop Tart
Or
Zee Zees Cereal Bar
Quartered Orange, Choice of Milk

Choose from:
Egg, Cheese, Turkey Bacon on Biscuit
Or
Warm Bagel with Cream Cheese
Or
Trix Cereal Bar
Apple Juice, Choice of Milk

Choose from:
Egg, Cheese, Turkey Bacon on Pretzel Roll
or
Twist and Go Smoothie, Animal Crackers
Or
Zee Zees Cereal Bar
Apple Slices, Choice of Milk

Choose from:
Pancake Bowl
Or
Oatmeal Chocolate Chip Bar
OJ, Choice of Milk

Choose From:
Egg, Cheese, Turkey Bacon Sandwich
on Croissant
Or
Orange Muffin
Or
Cinnamon Toast Crunch Cereal Bar
Banana, Choice of Milk

Choose from:
Egg, Cheese, Turkey Bacon Panini
Or
Cinnamon Pop Tart
Or
Zee Zees Cereal Bar
Quartered Orange, Choice of Milk

Choose from:
Egg, Cheese, Turkey Sausage Sandwich
on Biscuit
Or
Warm Bagel with Cream Cheese
Or
Trix Cereal Bar
Apple Juice, Choice of Milk
Choice of Milk

Choose from:
Egg, Cheese, Turkey Bacon on Pretzel Roll
Or
Mini-Cinni Roll
Or
Zee Zees Cereal Bar
Apple Slices, Choice of Milk

Choose from:
Hash Browns Stuffed with Egg and Cheese
Or
Oatmeal Chocolate Chip Bar
OJ, Choice of Milk

Choose from:
Egg, Cheese, Turkey Bacon Sandwich
on Croissant
Or
Blueberry Muffin
Or
Cinnamon Toast Crunch Cereal Bar
Banana, Choice of Milk

Choose from:
Egg, Cheese, Turkey Bacon Panini
Or
Strawberry Pop Tart
Or
Zee Zees Cereal Bar
Quartered Orange, Choice of Milk

Choose from:
Egg, Cheese, Turkey Sausage Sandwich
on Biscuit
Or
Warm Bagel with Cream Cheese
Or
Trix Cereal Bar
Apple Juice, Choice of Milk

Choose from:
Egg, Cheese, Turkey Bacon on Pretzel Roll
Or
Mini Donuts
Or
Zee Zees Cereal Bar
Apple Slices, Choice of Milk

Choose from:
Pancake Bowl
Or
Oatmeal Chocolate Chip Bar
OJ, Choice of Milk



**Students must have school ID
when getting breakfast, pref-
erably attached to their back-
pack.**

For lunches- If you believe, even remotely, that you may be free or reduced, then fill out an application at www.schoolcafe.com.

At www.schoolcafe.com you may also check balances, set up automatic payments, low balance alerts, set snack restrictions, and make payments. Note- to avoid the \$1.95 transaction fee you can send in a check with your student - make checks payable to "UMASD Food Service". Lunches are either Free, Reduced (although this school year all Reduced students are actually free for lunch!) or Full Pay. Please closely monitor what your student owes Food Service and get those balances paid off routinely.

This institution is an equal opportunity provider and employer. Menus are subject to change. Contact Penny Bartlett at pbartlett@umasd.org or 610-205-8804 with any questions.