

**October 12th-16th is
National School Lunch Week**
Join us for a Cafeteria
CIRCUS!

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

UPK Breakfast



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OCTOBER
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**Harvest of the
Month
NY Apples
October 14th**



**Bagel, Cream
Cheese** **5**
String Cheese
1% Milk, Fruits

**Assorted Slice
Bread** **6**
1% Milk,
Assorted Fruits

**Yogurt Cup w/
Granola,** **7**
1% Milk, Fruit Juice

Assorted Cereal **1**
Assorted Fruits
1% Milk

Assorted Muffin **2**
String Cheese, 1%Milk,
Fruit Juice

No School **12**
Columbus/Indigenous
Peoples Day

**Assorted Slice
Bread** **13**
1% Milk,
Assorted Fruits

**Yogurt Cup w/
Granola,** **14**
1% Milk, Fruit Juice

Assorted Cereal **15**
Assorted Fruits
1% Milk

Assorted Muffin **16**
String Cheese, 1%Milk,
Fruit Juice

**Bagel, Cream
Cheese** **19**
String Cheese
1% Milk, Fruits

**Assorted Slice
Bread** **20**
1% Milk,
Assorted Fruits

**Yogurt Cup w/
Granola,** **21**
1% Milk, Fruit Juice

Assorted Cereal **22**
Assorted Fruits
1% Milk

Assorted Muffin **23**
String Cheese,
1%Milk, Fruit
Juice

**Bagel, Cream
Cheese** **26**
String Cheese
1% Milk, Fruits

**Assorted Slice
Bread** **27**
1% Milk,
Assorted Fruits

**Yogurt Cup w/
Granola,** **28**
1% Milk, Fruit Juice

Assorted Cereal **29**
Assorted Fruits
1% Milk

Assorted Muffin **30**
String Cheese, 1%Milk,
Fruit Juice

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
white or flavored milk.**

