

JANUARY 2025

Gilbertsville Mount-Upton CSD

STUDENTS ARE ENTITLED TO
 1 FREE BREAKFAST &
 1 FREE LUNCH DAILY
 THROUGH THE CEP PROGRAM
 FOR THE 2024-2025 SCHOOL YEAR

Monday

Tuesday

Wednesday

Thursday

Friday



Cereal **6**
 Rocking Granola
 100% Juice
 Fresh or Canned Fruit
 Milk

Mini Pancakes **7**
 100% Juice
 Fresh or Canned Fruit
 Milk

**Happy
 New Year!!!
 Start the year off
 Right
 Take a Hike** **1**

Sausage on a Stick **2**
 100% Juice
 Fresh or Canned Fruit
 Milk

Bagel **3**
 100% Juice
 Fresh or Canned Fruit
 Milk

Cereal **13**
 100% Juice
 Fresh or Canned Fruit
 Milk

French Toast Bites **14**
 100% Juice
 Fresh or Canned Fruit
 Milk

Muffin **8**
 100% Juice
 Fresh or Canned Fruit
 Milk

Mc-Raider **9**
 100% Juice
 Fresh or Canned Fruit
 Milk

Bagel **10**
 100% Juice
 Fresh or Canned Fruit
 Milk

No School **20**
 Martin Luther King Jr.
 Day

Mini Waffle **21**
 100% Juice
 Fresh or Canned Fruit
 Milk

Yogurt Bowl **15**
 100% Juice
 Fresh or Canned Fruit
 Milk

Breakfast Sandwich **16**
 100% Juice
 Fresh or Canned Fruit
 Milk

Bagel **17**
 100% Juice
 Fresh or Canned Fruit
 Milk

Cereal **27**
 4 oz. Yogurt
 100% Juice
 Fresh or Canned Fruit
 Milk

French Toast Sticks **28**
 100% Juice
 Fresh or Canned Fruit
 Milk

Breakfast Bar **22**
 100% Juice
 Fresh or Canned Fruit
 Milk

Cheese Omelet **23**
 ½ Bagel
 100% Juice
 Fresh or Canned Fruit
 Milk

Bagel **24**
 100% Juice
 Fresh or Canned Fruit
 Milk

No School **29**
 LUNAR NEW YEAR

Sausage on a Stick **30**
 100% Juice
 Fresh or Canned Fruit
 Milk

Bagel **31**
 100% Juice
 Fresh or Canned Fruit
 Milk

“GMUCSD IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER”

Menu subject to change based on availability of product

Any allergy please notify the Cafeteria and the School Nurse