



BREAKFAST

SEPTEMBER 2022

Gilbertsville-Mount Upton CSD

STUDENTS WILL BE ENTITLED TO
1 FREE BREAKFAST AND
1 FREE LUNCH DAILY
THROUGH THE CEP PROGRAM
FOR THE 2022-2023 SCHOOL YEAR

Monday

Tuesday

Wednesday

Thursday

Friday

Labor Day

5

Staff Development
Raiders
WELCOME BACK
NIGHT
5-7

6

School Starts Tomorrow
Staff Development Today

7

Served Daily
Cereal
Bagel
Adult Breakfast \$3.25

1

Milk Available
White Skim
White 1 %
Chocolate Fat Free
Milk \$5.55

2

Cereal
Fruit
100 % Juice
Milk

8

Bagel
Fruit
100 % Juice
Milk

9

Cereal
Fruit
100 % Juice
Milk

12

French Toast Sticks
Fruit
100 % Juice
Milk

13

2 oz. Muffin
Fruit
100 % Juice
Milk

14

McRaider
Fruit
100 % Juice
Milk

15

Bagel
Fruit
100 % Juice
Milk

16

Cereal
Fruit
100 % Juice
Milk

19

Mini Waffle
Fruit
100 % Juice
Milk

20

French Toast Bites
Fruit
100 % Juice
Milk

21

Sausage on a Stick
Fruit
100 % Juice
Milk

22

Bagel
Fruit
100 % Juice
Milk

23

Cereal
Fruit
100 % Juice
Milk

26

Mini Pancake
Fruit
100 % Juice
Milk

27

Breakfast Bar
Fruit
100 % Juice
Milk

28

Breakfast Sandwich
Fruit
100 % Juice
Milk

29

Bagel
Fruit
100 % Juice
Milk

30

MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com

"GMUCSD IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER"

MENU SUBJECT TO CHANGE