

OCTOBER 2024

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
	1 Muffin 100 % Juice Fresh or Canned Fruit Milk	2 Breakfast Bar 100 % Juice Fresh or Canned Fruit Milk	3 Sausage on a Stick 100 % Juice Fresh or Canned Fruit Milk	4 Bagel 100 % Juice Fresh or Canned Fruit Milk
7 Cereal 100 % Juice Fresh or Canned Fruit Milk	8 McRaider 100 % Juice Fresh or Canned Fruit Milk	9 Bagelful 100 % Juice Fresh or Canned Fruit Milk	10 Mini Waffles 100 % Juice Fresh or Canned Fruit Milk	11 NO SCHOOL SCHOOL CONFERENCE DAY TAKE A HIKE RAKE SOME LEAVES
14 NO SCHOOL NATIONAL SCHOOL LUNCH WEEK Oct. 15-18 SCHOOL LUNCH PIRATES FIND YOUR TREASURE	15 Muffin 100 % Juice Fresh or Canned Fruit Milk	16 Mini Pancake 100 % Juice Fresh or Canned Fruit Milk	17 Breakfast Sandwich 100 % Juice Fresh or Canned Fruit Milk	18 Bagel 100 % Juice Fresh or Canned Fruit Milk
21 Cereal 100 % Juice Fresh or Canned Fruit Milk	22 Yogurt Bowl w/ Granola 100 % Juice Fresh or Canned Fruit Milk	23 French Toast Sticks 100 % Juice Fresh or Canned Fruit Milk	24 Sausage on a Stick 100 % Juice Fresh or Canned Fruit Milk	25 Bagel 100 % Juice Fresh or Canned Fruit Milk
28 Cereal 100 % Juice Fresh or Canned Fruit Milk	29 Mini Waffle 100 % Juice Fresh or Canned Fruit Milk	30 Breakfast Bar 100 % Juice Fresh or Canned Fruit Milk	31 HALLOWEEN McRaider 100 % Juice Fresh or Canned Fruit Milk	

“GMUCSD IS AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER”

Menu subject to change based on availability of product

Any allergy please notify the Cafeteria and the School Nurse