BREAKFAST

OCTOBER 2026

Gilbertsville-Mount Upton CSD

STUDENTS ARE ENTITLED TO 1 FREE BREAKFAST & 1 FREE LUNCH DAILY THROUGH THE CEP PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Sausage on a Stick 100 % Juice Fresh or Canned Fruit Milk	2 Bagel 100 % Juice Fresh or Canned Fruit Milk
5 Cereal 100 % Juice Fresh or Canned Fruit Milk	6 Mini Pancakes 100 % Juice Fresh or Canned Fruit Milk	7 Breakfast Bar 100 % Juice Fresh or Canned Fruit Milk	8 Breakfast Sandwich 100 % Juice Fresh or Canned Fruit Milk	9 **Conference Day** No School
12 National School Lunch Week **NO SCHOOL**	13 Funnel Cake 100 % Juice Fresh or Canned Fruit Milk	14 Circus Bowl Yogurt 100 % Juice Fresh or Canned Fruit Milk	15 Sausage on a Stick 100 % Juice Fresh or Canned Fruit Milk	16 Breakfast Kabob 100 % Juice Fresh or Canned Fruit Milk
19 Cereal 100 % Juice Fresh or Canned Fruit Milk	20 Cinni Minni 100 % Juice Fresh or Canned Fruit Milk	21 Muffin 100 % Juice Fresh or Canned Fruit Milk	22 McRaider 100 % Juice Fresh or Canned Fruit Milk	23 Bagel 100 % Juice Fresh or Canned Fruit Milk
26 Breakfast Bar 100 % Juice Fresh or Canned Fruit Milk	27 Mini Waffle 100 % Juice Fresh or Canned Fruit Milk	28 Breakfast Burrito 100 % Juice Fresh or Canned Fruit Milk	29 Omelet w/ ½ Bagel 100 % Juice Fresh or Canned Fruit Milk	30 **NOON DISMISSAL** Bagel 100 % Juice Fresh or Canned Fruit Milk

MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com

"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