

NOVEMBER 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



Cereal **4**
100 % Juice
Fresh or
Canned Fruit
Milk

French Toast Bites **5**
100 % Juice
Fresh or
Canned Fruit
Milk

Bagelful **6**
100 % Juice
Fresh or
Canned Fruit
Milk

Breakfast Sandwich **7**
100 % Juice
Fresh or
Canned Fruit
Milk

Bagel **1**
100 % Juice
Fresh or
Canned Fruit
Milk

VETERANS DAY **11**

Cereal **12**
100 % Juice
Fresh or
Canned Fruit
Milk

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

Sausage on a Stick **14**
100 % Juice
Fresh or
Canned Fruit
Milk

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

Bagel **15**
100 % Juice
Fresh or
Canned Fruit
Milk

Cereal **18**
100 % Juice
Fresh or
Canned Fruit
Milk

Mini Waffles **19**
100 % Juice
Fresh or
Canned Fruit
Milk

Yogurt Bowl **20**
100 % Juice
Fresh or
Canned Fruit
Milk

McRaider **21**
100 % Juice
Fresh or
Canned Fruit
Milk

Bagel **22**
100 % Juice
Fresh or
Canned Fruit
Milk

Cereal **25**
100 % Juice
Fresh or
Canned Fruit
Milk

Mini Pancakes **26**
100 % Juice
Fresh or
Canned Fruit
Milk

NO SCHOOL **27**

THANKSGIVING **28**

Offered Daily **29**
Bagel
Cereal