



BREAKFAST

MILK \$.55

JANUARY 2022

Gilbertsville-Mount Upton CSD

ALL STUDENT MEALS ARE FREE FOR THE 2021 2022 SCHOOL YEAR THROUGH THE SSO PROGRAM
ADULT BREAKFAST \$3.15

Monday

Cereal **3**
Tiger Bites
100 % Juice
Milk

Pop Tart **10**
4 oz. Yogurt
100 % Juice
Milk

NO **17**
SCHOOL

Cereal **24**
Tiger Bites
100 % Juice
Applesauce
Milk

Cereal **31**
4 oz. Yogurt
100 % Juice
Milk

Tuesday

Bagelful **4**
Strawberry
100 % Juice
Orange Wedges
Milk

Cinni Minni **11**
100 % Juice
Orange Wedges
Milk

Breakfast Bar **18**
Tiger Bites
100 % Juice
Applesauce
Milk

Bagleful **25**
Cinnamon
100 % Juice
Orange Wedges
Milk

Wednesday

Breakfast Bar **5**
Cheese Stick
100 % Juice
Raisins
Milk

Mini Waffle **12**
100 % Juice
Raisins
Milk

Mini French Toast **19**
100 % Juice
Orange
Milk

Mini Pancake **26**
100 % Juice
Grapes
Milk

Thursday

McRaider **6**
100 % Juice
Banana
Milk

Cherry Frudel **13**
100 % Juice
Grapes
Milk

Sausage Egg **20**
& Cheese Biscuit
100 % Juice
Banana
Milk

McRaider **27**
100 % Juice
Apple Slices
Milk

Friday

Bagel **7**
Cream Cheese
100 % Juice
Apple Slices
Milk

Bagel **14**
Butter
100 % Juice
Banana
Milk

Bagel **21**
Peanut Butter
100 % Juice
Apple Slices
Milk

Bagel **28**
Cream Cheese
100 % Juice
Banana
Milk



PAY FOR MEALS ONLINE
MySchoolBucks.com

'GMUCSD IS AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER'

MENU SUBJECT TO CHANGE, WE ARE STARTING TO SEE SUPPLY CHAIN ISSUES