

A selection of fruit & milk available with meals. Check school website uplifteducation.org for additional information and updates.

APRIL 2023

Vegetarian Breakfast

Breakfast: FREE
 Lunch: Free & Reduced: Free
 Paid: \$2.95
 Menu Subject To Change

Monday

Breakfast: 3

Cinnamon Crumble
 Or
 Cereal

Breakfast: 10

Frudel
 Or
 Cereal

Breakfast: 17

Poptart
 Or
 Cereal

Breakfast: 24

Cinnamon Crumble
 Or
 Cereal

Tuesday

Breakfast: 4

Banana Loaf
 Or
 Cereal

Breakfast: 11

Banana Loaf
 Or
 Cereal

Breakfast: 18

Banana Loaf
 Or
 Cereal

Breakfast: 25

Banana Loaf
 Or
 Cereal

Wednesday

Breakfast: 5

Honey Bun
 Or
 Cereal

Breakfast: 12

Honey Bun
 Or
 Cereal

Breakfast: 19

Maple Mini Waffles
 Or
 Cereal

Breakfast: 26

Honey Bun
 Or
 Cereal

Thursday

Breakfast: 6

Blueberry Muffin
 Or
 Cereal

Breakfast: 13

Blueberry Muffin
 Or
 Cereal

Breakfast: 20

Blueberry Muffin
 Or
 Cereal

Breakfast: 27

Blueberry Muffin
 Or
 Cereal

Friday



Breakfast: 14

Egg & Cheese Croissant
 Or
 Vegan Sausage & Cheese
 Croissant

Breakfast: 21

Cheese Kolache
 Or
 Cereal

Breakfast: 28

Cereal

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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: **mail:** U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; or **fax:** (833) 256-1665 or (202) 690-7442; or **email:** Program.Intake@usda.gov This institution is an equal opportunity provider.

Monday

Tuesday

Wednesday

Thursday

Friday

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