



January High School Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast WILL be served to students taking the Keystone Exams	Breakfast will NOT be served during Midterm Exams	1st Winter Break Schools Closed	2nd Cocoa Puff Cereal Bar Bug Bites Apple Slices Apple Juice Milk	3rd Whole Grain Cherry Strudel Fresh Banana Apple Juice Milk
6th Cinnamon Toast Crunch Cereal Bar Bug Bites Apple Slices Apple Juice Milk Keystone Exams	7th Nutri-Grain Bar Strawberry Teddy Grahams Apple Slices Apple Juice Milk Keystone Exams	8th Chocolate Chip Banana Benefit Bar Fresh Banana Apple Juice Milk Keystone Exams	9th Whole Grain Poptart Cinnamon Bug Bites Apple Slices Apple Juice Milk Keystone Exams	10th Whole Grain Mini Cinni Roll Fresh Banana Apple Juice Milk Keystone Exams
13th Trix Cereal Bar Teddy Grahams Apple Slices Apple Juice Milk Keystone Exams	14th Whole Grain Apple Strudel Apple Slices Apple Juice Milk Midterm Exams	15th Whole Grain Bagel with Sunbutter Fresh Banana Apple Juice Milk Midterm Exams	16th Cocoa Puff Cereal Bar Bug Bites Apple Slices Apple Juice Milk Midterm Exams	17th Whole Grain Poptart Cinnamon Oatmeal Bite S'mores Apple Slices Apple Juice Milk
20th Martin Luther King Holiday Schools Closed	21st Nutri-Grain Apple Cereal Bar with Chocolate Chip Oatmeal Bites Apple Slices Apple Juice Milk	22nd Whole Grain Chocolate Crescent Fresh Banana Apple Juice Milk	23rd Whole Grain Poptart Frosted Fudge Bug Bites Apple Slices Apple Juice Milk	24th Whole Grain Mini Cinni Roll Fresh Banana Apple Juice Milk
27th Nutri-Grain Strawberry Cereal Bar with Chocolate Chip Oatmeal Bites Apple Slices Apple Juice Milk	28th Low Fat String Cheese with Strawberry Yogurt Chex Mix Apple Slices Apple Juice Milk	29th Early Dismissal Whole Grain Bagel with Cream Cheese Fresh Banana Apple Juice Milk	30th Whole Grain Poptart Strawberry Teddy Grahams Apple Slices Apple Juice Milk	31st Trix Yogurt Bug Bites Fresh Banana Apple Juice Milk

Rise, Shine
and Eat A
Healthy
Breakfast!!

Breakfast will
be served to
students
taking
Keystone
Exams.

Breakfast and
Lunch will not
be served
during
Midterm
Exams



Upper Darby School District High School Breakfast Menu - All Students Have Access to Breakfast at no Cost!!

Low Fat Milk and Fresh Fruit Offered with Every Meal
Breakfast - A Great Way to Start Your Day

Menu Items Do Not Contain Pork Product
Menu Subject to Change without Notice

