

Upper Merion Middle School Menu May 5-9, 2025

V= Vegetarian, V+= ask for it Vegetarian or meat wrapped completely separate

<u>Monday, May 5</u>	<u>Tuesday, May 6</u>	<u>Wednesday, May 7</u>	<u>Thursday, May 8</u>	<u>Friday, May 9</u>
Pizza- Cheese V Cold Special of the Day- Italian Hoagie Salad - Chicken Caesar Grille- Crispy Breaded Chicken Plain or Spicy on Bun Special of the day- Pasta Primavera in Alfredo sauce with Garlic Toast- V+ -add Chicken Choice of Fresh Veggies, Choice of Juice, Fresh Fruit or Fruit Cup Choice of Milk	Pizza-Cheese- V or Pepperoni Cold Special of the Day- Turkey and Cheese Hoagie Salad -Chicken and Pasta Salad Grille-Mini Cheesesteak with Fries Special of the day- Fish Tacos with Asian Slaw Choice of Fresh Veggies, Choice of Juice, Fresh Fruit or Canned Peaches Choice of Milk	Pizza-Cheese or Hawiian Pizza- V Cold Special of the Day- Chicken Tender Wrap Salad Bar- Make your Own Salad!-V Grille- Hot Dog w/ Honey Mustard Special of the Day- Pillsbury Cinnamon Bun with Fiesta Scrambled Eggs-V Choice of Fresh Veggies, Choice of Juice, Fresh Fruit or Canned Mixed Fruit Choice of Milk	Pizza -Cheese-V or Pepperoni Cold Special of the Day-Tuna Salad on Kaiser w/ Lettuce and Tomato, Chips Salad-Chicken Tender Salad Grille-Breaded Mozzarella Sticks, Marinara Sauce- V Special of the Day- Buffalo Chicken Over Fries, Steamed Carrots, Garlic Knot Roll Choice of Fresh Veggies, Choice of Juice, Fresh Fruit or Canned Pears Choice of Milk	Pizza-Cheese- V or Buffalo Chicken Pizza Cold Special of the Day- Make Your Own Pizza Lunchable-V Salad-Chicken Caesar Grille- Pho with Choice of Proteins and Grains and Fix it Yourself Bar! Special of the Day-Cheese Enchiladas, Refried Beans, Corn-V Choice of Fresh Veggies, Choice of Juice, Fresh Fruit or Applesauce Choice of Milk Churro

If you believe, even remotely, that you may be free or reduced, then fill out an application at www.schoolcafe.com.

At www.schoolcafe you may also check balances, set up automatic payments, low balance alerts and make payments. Note- to avoid the \$1.95 transaction fee you can send in a check with your student - make

checks payable to "UMASD Food Service".

Menus are subject to last minute changes. This institution is an equal opportunity provider and employer.

Questions or Concerns? Brittany Frazer, Food Service Supervisor, bfrazert@umasd.org, 610-205-8804.

All entrees come with a choice of milk (fat free chocolate or 1% white) and students must have at least 3 of the 5 components on their tray for the meal to count as a reimbursable meal.

Meal Pricing:

Breakfast will continue to be FREE to ALL students all year!

Lunch- Reduced students will pay nothing this year!, Paid- \$3.25