



Upper Merion Middle School Menu May 19-23, 2025

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

<u>Monday, May 19</u>	<u>Tuesday, May 20</u>	<u>Wednesday, May 21</u>	<u>Thursday, May 22</u>	<u>Friday, May 23</u>
Pizza- Cheese-- V Cold Special of the Day- Italian **Spinach Wrap Salad - Chicken Caesar Grille- Cheeseburger, Veggie burger- V, Fixings Cup, Bag of Chips Special of the Day- BBQ Chicken, Cornbread and Steamed Corn Choice of Fresh Veggies, Choice of Juice, Fresh Fruit or Fruit Cup Mini Rice Krispy Treat Choice of Milk	NO SCHOOL	Pizza-Cheese or Veggie Pizza, Cold Special of the Day- Chicken Tender Wrap Salad Bar- Make your Own Salad! V Grille-Warm Pretzels and Chips with Cheese Dip Grab and Go,-V Special of the Day- New York Cart Style Chicken Choice of Fresh Veggies, Choice of Juice, Fresh Fruit or Canned Mixed Fruit Choice of Milk Animal Crackers	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- PA Dutch Chicken and Waffles, Mashed Potatoes, Mixed Veggies 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- Chicken Tenders or Veggie Nuggets- V, Baked Beans, Dinner Roll/Marg Special of the Day- Panini of the Day, Homemade Turkey and Veggie Soups- V+, Steamed Lemon Asparagus Choice of Fresh Veggies, Choice of Juice, Fresh Fruit or Applesauce Choice of Milk

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