

PA Harvest of the Month

A is for Asparagus! Did you know asparagus is a perennial plant which means it will grow back every year even after being cut to eat? Asparagus is also full of folate, vitamin C and A, and thiamin making it a powerhouse vegetable! For recipes, activities, & book suggestions

CLICK HERE

Meal Pricing: Lunch- Reduced students will pay nothing this year, Full Pay- \$3.00.

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

For more information, menus, payment options, low balance alerts, and applications for free/reduced please visit SchoolCafe.com or scan the QR code to visit umasd.org for more Food Service Info.





Any further questions can be directed to

Brittany Frazer at bfrazer@umasd.org or

610-205-8804

This institution is an equal opportunity provider. Menus are subject to change.

MONDAY

TUESDAY

WEDNESDAY

Milk are also offered with each meal.

FRIDAY

1-Fish Sticks, French Fries, Broccoli w/ Ranch, Dinner Roll/Marg

- 2- Slice of Pizza- Side Salad w/ Ranch-V
- 3- Chicken Dipper Grab and Go

Vegaies, Dinner Roll/Mara-V 2-Cheese Stuffed Breadstick,

3- Turkey Sandwich on Kaiser Grab and Go

Hash Browns, Yogurt or Cheese stick, Green Peppers /Ranch -V+ 2- Egg, Cheese Turkey Bacon Sandwich, Hash Browns, Green Peppers /Ranch

1-French Toast Sticks, Turkey Bacon,

3-Yogurt and Cheese Grab and Go-

Diced Peaches

-Mini Waffles, Turkey Sausage,

Hash Browns, Green Peppers

/Ranch -V+

2- Egg, Cheese Turkey Bacon

Sandwich, Hash Browns, Green

Peppers /Ranch

3- Yogurt and Cheese Grab and

Diced Peaches

Fortune Cookie Applesauce

Applesauce

1-Chicken Patty on Bun/Pickles,

and Asparagus

2-Grilled Cheese, Tomato Soup-V

3- Make Your Own Pizza Grab and

Go-V

1-Asian Chicken over Rice.

Steamed

Broccoli, Dinner Roll/Marg

2-Grilled Cheese, Tomato Soup-V

Go-V

1- Cheese Lasagna with Sauce, 1- Mini Cheesesteak Sandwich, Potato Salad 2-Grilled Cheese, Tomato Soup-V 3- Make Your Own Pizza Grab and Go-V

Grab and Go-V **Animal Crackers Grapes**





Banana



- 2- Slice of Pizza- Broccoli w/ Ranch-V
- 3- Chicken Dipper Grab and Go hot chicken, bag carrots, apple slices

Banana

1-Turkey Hot Dog, Baked Beans,

Sweet Potato Fries

2- Slice of Pizza- Broccoli w/

Ranch-V

3- Chicken Dipper Grab and Go

Banana

1-Cheese Quesadilla, Refried

Beans,

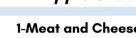
Salsa, Sour Cream

2- Cheese Pizza Slice, Steamed

Carrots-V

3- Assorted Cereal, yogurt,

cheese Grab and Go



Marinara Sauce, Corn-V Grab and Go

> Cinnamon Churro Apple Slices



1-French Toast Sticks, Turkey Bacon, Hash Browns, Yogurt or Cheese stick, Green Peppers /Ranch -V+ 2- Egg, Cheese Turkey Bacon Sandwich, Hash Browns, Green Peppers /Ranch 3-Yogurt and Cheese Grab and Go-

Diced Peaches

1- Mini Turkey Corn Dogs, Carrots with Ranch

2- Grilled Cheese, Tomato Soup-V Go-V

Applesauce

3-Make Your Own Pizza Grab and

1-Breaded Mozzarella Cheese Sticks/Marinara Dipping Sauce, Green Beans-V

2- Chicken Tenders, French Fries, Green Beans, Dinner Roll/Marg 3- Pretzel and Dipping Cheese Grab and Go-V

Gulph will have Field Day Menu





Steamed Broccoli, Dinner Roll/Mara

Go-V

1-Walking Nachos, Fiesta Bean Salad-V+

2-Chicken Tenders, French Fries, Asst .Fresh Veggies/Ranch, Dinner Roll/Mara

3- Pretzel and Dipping Cheese Grab and Go-V

Roberts will have Field Day Men



1-Mac and Cheese, Mixed Marinara Sauce, Mixed Veggies-

Apple Slices

1-Potato and Cheese Pierogies, Dinner Roll/Marg, Green Beans- V 2-Cheese Stuffed Breadstick. Green Beans, Marinara Sauce-V 3- Turkey Sandwich on Kaiser

Grab and Go

Apple Slices

1-Meat and Cheese Soft Tacos/Lettuce/Salsa, Corn - V+ 2-Cheese Stuffed Breadstick, 3- Turkey Sandwich on Kaiser

1-Mac and Cheese, Mixed

Veggies, Dinner Roll/Marg-V

2-Cheese Stuffed Breadstick,

Marinara Sauce, Mixed Veggies-

3- Assorted Cereal, yogurt,

cheese Grab and Go

Apple Slices





I-Pancakes, Turkey Sausage, Hash Browns, Yogurt or Cheese stick, Green Peppers /Ranch -V+ 2- Egg, Cheese Turkey Bacon Sandwich, Hash Browns, Green Peppers /Ranch 3-Yogurt and Cheese Grab and

Diced Peaches

Hash Browns, Yogurt or Cheese

stick, Green Peppers /Ranch -V+

2- Egg, Cheese Turkey Bacon

Sandwich, Hash Browns, Green

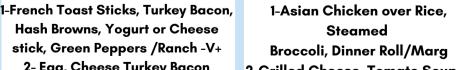
Peppers /Ranch

3-Yogurt and Cheese Grab and Go-

Diced Peaches







2-Grilled Cheese, Tomato Soup-V 3- Make Your Own Pizza Grab and

Fortune Cookie Applesauce



SPEED UP THE





Watermelon Slice

FIELD DAY

MENU

Hamburger or Pizza Slice

Carrots and Ranch

2-Chicken Tenders, French Fries, Asst .Fresh Veggies/Ranch, Dinner Roll/Marg

3- Make Your Own Pizza Grab and 3- Pretzel and Dipping Cheese Grab and Go-V School Lunch Hero Day! Grapes

1-Walking Nachos, Fiesta Bean

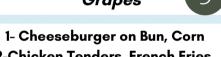
Salad-V+

White Bean Salad, Garlic Toast-V 2- Chicken Tenders, French Fries, Asst .Fresh Veggies/Ranch, Dinner 3-Pretzel and Dipping Cheese









2-Chicken Tenders, French Fries,

Asst .Fresh Veggies/Ranch, Dinner Roll/Marg

3- Popcorn Chicken Garden Salad

Caley and Candlebrook will have Field Day Menu Grapes







