



## 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](http://www.schoolcafe.com).

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



SCAN ME

Any further questions can be directed to Brittany Frazer at [bfrazer@umasd.org](mailto:bfrazer@umasd.org) or 610-205-8804

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

Every student can select one \*main entree and their choice of fruits and vegetables daily. 1% White Milk and Fat Free Chocolate Milk are also offered with each meal.

### MONDAY

- 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

Banana

28

- 1- Spaghetti and Meatballs, Sauce, Dinner Roll, Mixed Veggies
- 2- Slice of Pizza- Broccoli w/ Ranch-V
- 3- Chicken Dipper Grab and Go

Banana

5

- 1-Turkey Hot Dog, Baked Beans, Sweet Potato Fries
- 2- Slice of Pizza- Broccoli w/ Ranch-V
- 3- Chicken Dipper Grab and Go

Banana

12

- 1-Cheese Quesadilla, Refried Beans, Salsa, Sour Cream
- 2- Cheese Pizza Slice, Steamed Carrots- V
- 3- Assorted Cereal, yogurt, cheese Grab and Go

Banana

19



### TUESDAY

- 1-Mac and Cheese, Mixed Veggies, Dinner Roll/Marg-V
- 2-Cheese Stuffed Breadstick, Marinara Sauce, Mixed Veggies-V
- 3- Turkey Sandwich on Kaiser Grab and Go

Apple Slices

29

- 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

6

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

Cinnamon Churro

Apple Slices

13

- 1-Cheese Quesadilla, Refried Beans, Salsa, Sour Cream
- 2- Cheese Pizza Slice, Steamed Carrots- V
- 3- Assorted Cereal, yogurt, cheese Grab and Go

Banana

19

- 1-Mac and Cheese, Mixed Veggies, Dinner Roll/Marg-V
- 2-Cheese Stuffed Breadstick, Marinara Sauce, Mixed Veggies-V
- 3- Assorted Cereal, yogurt, cheese Grab and Go

Apple Slices

27

### WEDNESDAY

- 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-V

Diced Peaches

30

- 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 Go-V

Diced Peaches

7

- 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-V

Diced Peaches

14

- 1-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 Go-V

Diced Peaches

21

- 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-V

Diced Peaches

28

### THURSDAY

- 1-Asian Chicken over Rice, Steamed Broccoli, Dinner Roll/Marg
- 2-Grilled Cheese, Tomato Soup-V
- 3- Make Your Own Pizza Grab and Go-V

Fortune Cookie Applesauce

1

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

Applesauce

8

- 1-Chicken Patty on Bun/Pickles, and Asparagus
- 2-Grilled Cheese, Tomato Soup-V
- 3- Make Your Own Pizza Grab and Go-V



Applesauce

15

- 1- Mini Turkey Corn Dogs, Carrots with Ranch
- 2- Grilled Cheese, Tomato Soup-V
- 3-Make Your Own Pizza Grab and Go-V

Applesauce

22

- 1-Asian Chicken over Rice, Steamed Broccoli, Dinner Roll/Marg
- 2-Grilled Cheese, Tomato Soup-V
- 3- Make Your Own Pizza Grab and Go-V

Fortune Cookie Applesauce

29

### FRIDAY

- 1-Walking Nachos, Fiesta Bean Salad- V+
- 2-Chicken Tenders, French Fries, Asst .Fresh Veggies/Ranch, Dinner Roll/Marg
- 3- Pretzel and Dipping Cheese Grab and Go-V

School Lunch Hero Day! Grapes

2

- 1- Cheese Lasagna with Sauce, White Bean Salad, Garlic Toast-V
- 2- Chicken Tenders, French Fries, Asst .Fresh Veggies/Ranch, Dinner Roll/Marg
- 3-Pretzel and Dipping Cheese Grab and Go-V

Animal Crackers Grapes

9

- 1- Cheeseburger on Bun, Corn
- 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

16

- 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 Grapes

23

- 1-Walking Nachos, Fiesta Bean Salad- V+
- 2-Chicken Tenders, French Fries, Asst .Fresh Veggies/Ranch, Dinner Roll/Marg
- 3- Pretzel and Dipping Cheese Grab and Go-V

Roberts will have Field Day Menu Grapes

30

### FIELD DAY MENU

Hamburger or Pizza Slice

Carrots and Ranch  
Watermelon Slice  
Assorted Cookie



## ELEMENTARY LUNCH MENU CALEY, CANDLEBROOK, GULPH, & ROBERTS

SPEED UP THE LINE BY HAVING YOUR ID READY

