



ELEMENTARY LUNCH MENU

CALEY, CANDLEBROOK, GULPH, & ROBERTS

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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Meal Pricing: Lunch
Free/Reduced-At no cost
Full Paid- \$3.00

Served Daily:
Milk: 1% White, Fat Free White and or Chocolate Milk
-May only choose 1-
Fruit: Apple Slices, applesauce, and Fruit of the Day
-May only choose 2-
Vegetable: Baby Carrots and the Veggie of the Day
-May only choose 2-
Condiments and Dressing are offered if part of the meal

1-Spaghetti & Meatballs in sauce with a dinner roll
2-Cheese Pizza Slice-V
3- Warm Pretzel and Cheese
Grab and Go-V

Broccoli Florets
Banana 3

No School

4

1-French Toast Sticks ,Cheese stick, Yogurt & Hash Browns-V
2- Egg, Cheese Turkey Bacon Sandwich and Hash Browns
3- Turkey and Cheese Hoagie with Lettuce, Tomato

Cucumber Slices
Pear Fruit Cup 5

1-Mini Cheesesteak Sandwich
2-Breaded Mozzarella Cheese Sticks with marinara dipping Sauce-V
3-Nachos Kit Grab and Go with cheese and salsa cup-V

Sweet Potato Fries
Peach Fruit Cup 6

1-All Beef Hot Dog with baked beans
2-Chicken Tenders, French Fries,
3- Assorted Cereal, yogurt, cheese Grab and Go-V

Assorted Veggie Cup
Grapes 7

PA Harvest of the Month
Winter Squash

Winter squash includes dozens of varieties of squash that are in the gourd family. The most common varieties are acorn, butternut, delicata, spaghetti, buttercup, and pumpkins. Squashes are known to be high in vitamin C which helps iron absorption in the body.

1-Cheese Lasagna with Sauce and Garlic Toast-V
2-Cheese Pizza Slice-V
3- Yogurt and Cheese Stick
Grab and Go-V

Broccoli Florets
Banana 10

1-Turkey Taco Meat & Cheese on Tortillas with lettuce and tomato cup
2-Grilled Cheese with Tomato Soup-V
3- Chicken Tender Wrap

Steamed Yellow Corn
Mixed Fruit Cup 11

1-Pillsbury Cinnamon Roll with Cheesy Egg Omelette with Hash Browns-V
2- Egg, Cheese Turkey Bacon Sandwich, Hash Browns
3- Wowbutter and Jelly Uncrustable Grab and Go-V

Sliced Bell Peppers
Pear Fruit Cup 12

1-Crispy Chicken Patty Sandwich served with a pickle
2-Breaded Mozzarella Cheese Sticks with marinara dipping Sauce-V
3- Turkey Bacon Wrap with lettuce and tomato
Steamed Green Peas

Peach Fruit Cup 13

1-Fish Sticks with Fries and dinner roll
2-Chicken Tenders, French Fries,
3- Make Your Own Pizza Grab and Go-V

Celery Sticks
Grapes 14

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.



SCAN ME

Any further questions can be directed to Brittany Frazer at bfrazer@umasd.org or 610-205-8804

1-Chicken Nuggets and Smile Fries
2- Cheese Pizza Slice-V
3-Warm Pretzel and Cheese
Grab and Go-V

Broccoli Florets
Banana 17

1-Cheeseburger on bun
2-Grilled Cheese with Tomato Soup-V
3- Popcorn Chicken Garden Salad with dinner roll

Steamed Green Beans
Mixed Fruit Cup 18

Early Dismissal

19

1-Italian Meatball Sub on roll
2-Breaded Mozzarella Cheese Sticks with marinara dipping Sauce-V
3- Nachos Kit Grab and Go with cheese and salsa cup-V

Steamed Broccoli
Peach Fruit Cup 20

1-Sliced Turkey and Gravy with mashed potatoes, steamed mixed vegetables, cranberry sauce and a dinner roll
3- Assorted Cereal, yogurt, cheese Grab and Go-V

Assorted Veggie Cup
Grapes 21

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Early Dismissal

24

1- Chef's Special
2-Grilled Cheese with Tomato Soup-V
3- Assorted Grab and Go Kit

Steamed Yellow Corn

Mixed Fruit Cup


25

1- Mini Pancakes with Turkey Bacon and Hash Browns
2- Egg, Cheese Turkey Bacon Sandwich, Hash Browns
3- Wowbutter and Jelly Uncrustable Grab and Go-V

Assorted Veggie Cup

Pear Fruit Cup

26




GIVE THANKS

27

28


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