

hello November BREAKFAST

IS AVAILABLE TO ALL
STUDENTS AT NO COST

Every student can select one
*main breakfast entree, up to 2
servings of fruit, and a choice of
fat-free or 1% milk to make a fully
reimbursable breakfast!

DID YOU KNOW?

Students who eat breakfast every morning have
more energy to complete physical activities and
excel in sports! Power up with a whole-grain-rich
breakfast!

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

Middle School

MONDAY

- *Breakfast Pizza Bagel
- *NutriGrain Bar with Cheese
stick and yogurt
- *Assorted Cereal Bars

Raisin and
100% Fruit Juice 3

- *Honey Chicken Bisquit
- *Mini Donuts
- *Assorted Cereal Bars

Raisin and
100% Fruit Juice 10

- *Breakfast Pizza Bagel
- *NutriGrain Bar with Cheese
stick and yogurt
- *Assorted Cereal Bars

Raisin and
100% Fruit Juice 17

- *Honey Chicken Bisquit
- *Mini Donuts
- *Assorted Cereal Bars

Raisin and
100% Fruit Juice 24

TUESDAY



- *Egg, Cheese, Turkey Bacon
Croissant
- *Cinni Mini-Bagels
- *Assorted Breakfast Breads

Banana and
100% Fruit Juice 11

- *Egg, Cheese, Turkey Bacon
Croissant
- *Apple Strudel
- *Assorted Breakfast Breads

Banana and
100% Fruit Juice 18

- *Egg, Cheese, Turkey Bacon
Croissant
- *Cinni Mini-Bagels
- *Assorted Breakfast Breads

Banana and
100% Fruit Juice 25

WEDNESDAY

- *Cheesy Egg Omelet Wrap
- *Pop Tarts
- *Assorted BeneFIT Bars

~Strawberry Yogurt Chex Mix~

Applesauce and
100% Fruit Juice 5

- *Mini Waffles
- *Strawberry Banana
Smoothie with Granola
- *Assorted BeneFIT Bars

Applesauce and
100% Fruit Juice 12

- *Cheesy Egg Omelet Wrap
- *Pop Tarts
- *Assorted BeneFIT Bars

~Strawberry Yogurt Chex Mix~

Applesauce and
Craisins 19

- *Mini Waffles
- *Strawberry Banana
Smoothie with Granola
- *Assorted BeneFIT Bars

Applesauce and
100% Fruit Juice 26

THURSDAY

- *Egg, Cheese, Turkey
Sausage on Bagel
- *Warmed Croissant-
Marg/Jam
- *Assorted Muffins

Orange Slices and
100% Fruit Juice 6

- *Egg, Cheese, Turkey
Sausage on English Muffin
- *Warmed Bagel w/ Cream
Cheese
- *Assorted Muffins

Orange Slices and
100% Fruit Juice 13

- *Egg, Cheese, Turkey
Sausage on Bagel
- *Warmed Croissant-
Marg/Jam
- *Assorted Muffins

Orange Slices and
100% Fruit Juice 20

FRIDAY

- *Egg, Cheese. Turkey Bacon
on Pretzel Roll
- *Wowbutter and Jelly
Uncrustable
- *Assorted Cereal Bars

Craisins and
100% Fruit Juice 7

- *Egg, Cheese. Turkey Bacon
on Pretzel Roll
- *Apple Cinnamon Texas
Toast with cheesestick
- *Assorted Cereal Bars

Apple Slices and
100% Fruit Juice 14

- *Egg, Cheese. Turkey Bacon
on Pretzel Roll
- *Wowbutter and Jelly
Uncrustable
- *Assorted Cereal Bars

Craisins and
100% Fruit Juice 21

