UPPER MERION AREA HIGH SCHOOL

January

Served Daily:

Main Entrees: Every student can select one main entree of their choice -May only choose 1-
Milk: 1% White, Fat Free White, and or Chocolate Milk -May only choose 1-
Fruit: Apple Slices, 100% Fruit Juice, and Fruit of the Day -May only choose 2-
Vegetable: Baby Carrots and the Veggie of the Day -May only choose 2-
V means vegetarian
Condiments and Dressing are offered

Lunch Meal Pricing:
Free/Reduced-At no cost
Full Paid- $3.25

DONT FORGET YOUR ID CARDS!
BRING YOUR CARDS TO BREAKFAST AND LUNCH EVERYDAY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza Station: *Cheese Pizza-V **Fresh Cold Deli Station:** *Turkey and Cheese Hoagie *Triple Decker PBJ-V **Grille Station:** served with a fixing cup and a bag of baked chips *Bacon Cheeseburger or Hamburger *Veggie Burger-V **Melting Pot and Special of the Day** *Cinnamon Bun Fiesta Egg Scramble, Seasoned Homefries, Turkey Bacon 5	**Pizza Station:** *Cheese Pizza-V *Turkey Pepperoni Pizza **Fresh Cold Deli Station:** *Turkey and Cheese Wrap *Chicken Caesar Salad **Grille Station:** served with fixing cup and French fries *Spicy or Plain Crispy Chicken Sandwich *Veggie Nuggets with roll-V **Special of the Day:** *Chicken Tender basket with Fries and a roll **Melting Pot:** *Tortellini with/Chicken & Roasted Veggies in Alfredo Sauce 6	**Pizza Station:** *Cheese Pizza-V *Veggie Pizza-V **Fresh Cold Deli Station:** *Egg Salad on Kaiser *Chicken Tender Salad **Grille Station:** *Bosco Bread Sticks with Marinara dipping cup-V **Special of the Day:** *Homemade Italian Stromboli w/ Steamed Vegs and Side Salad **Melting Pot:** *NY Cart Style Chicken with Yellow Rice, Lettuce, Tomato, Yogurt Sauce and or Harissa 7	**Pizza Station:** *Cheese Pizza-V *Italian Sausage Crumble Pizza **Fresh Cold Deli Station:** *Turkey BLT Club Sandwich *Chicken Caesar Salad **Grille Station:** *Pepperoni and Cheese Calzone with Marinara Dipping Sauce **Special of the Day:** *Macaroni and Cheese with a roll & steamed mixed vegetables-V **Melting Pot:** *Cherry Blossom Chicken over Rice with Oriental Vegetables & Spring Roll 8	**Pizza Station:** *Cheese Pizza-V *Buffalo Chicken Pizza **Fresh Cold Deli Station:** *Crispy Chicken Pasta Bowl *Assorted Cereal Kit-V **Grille Station:** *All Beef Hot Dog(s) on a bun with Baked Beans, & Onion Rings **Special of the Day:** *Meatball Parm Sub served with a side salad **Melting Pot:** *Chicken Tamales with Cheese, Salsa Verde, Refried Beans, & Corn Cheese Enchiladas-V 9
Pizza Station: *Cheese Pizza-V **Fresh Cold Deli Station:** *Turkey and Cheese Hoagie *Triple Decker PBJ-V **Grille Station:** served with fixing cup and bag of baked chips *Cheeseburger or Hamburger *Veggie Burger-V **Special of the Day:** *Buffalo Chicken over Waffle Fries and chipped green onions **Melting Pot:** *Popcorn Chicken Bowl with Mashed Potatoes in gravy and Corn 12	**Pizza Station:** *Cheese Pizza-V *Turkey Pepperoni Pizza **Fresh Cold Deli Station:** *Italian Hoagie *Chicken Caesar Salad **Grille Station:** served with a fixing cup and french fries *Spicy or Plain Crispy Chicken Sandwich *Veggie Nuggets with roll-V **Special of the Day:** *Pasta Bar- Pick you own pasta, sauce, and protein with garlic bread-V **Melting Pot:** *Chicken Chipotle Bowl 13	**Pizza Station:** *Cheese Pizza-V *Hawaiian Pizza **Fresh Cold Deli Station:** *Turkey BLT Wrap *Sante Fe Salad **Grille Station:** *Breaded Mozzarella Sticks with marinara dipping cup-V **Special of the Day:** *StateFair Turkey Corndog with BBQ Baked Beans **Melting Pot:** *Indian Butter Chicken over Rice, Naan, broccoli and *Roasted Brussel Sprouts* 14	**Pizza Station:** *Cheese Pizza-V *Italian Sausage Crumble Pizza **Fresh Cold Deli Station:** *Buffalo Chicken Hoagie *Chicken Caesar Salad **Grille Station:** *Chicken and Apple Grilled Cheese Sandwich **Special of the Day:** * Perogies with Roasted Peppers& Onions and a dinner roll-V **Melting Pot:** *Pulled BBQ Pork Sandwich on Kaiser with Fried Onions 15	**Pizza Station:** *Cheese Pizza-V *BBQ Chicken Pizza *Square Tomato Pie Slice with side salad-V **Fresh Cold Deli Station:** *Kale Apple Salad with Grilled Chicken *Nacho Kit-V **Grille Station:** *Turkey&Cheese Box-pita/cracker, turkey pepperoni and jerky, cheese cubes, grapes and peppers **Melting Pot and Special of Day:** *Pancakes with Turkey Sausage and Hashbrowns with a topping bar 16

PA Harvest of the Month

Sweet Potatoes

Are a root vegetable with a sweet flavor similar to yams. They are high in Potassium which is great for your muscles and blood pressure. Avoid putting them in the refrigerator because they prefer dark places and can last for up to 3 weeks in your pantry.

SCAN ME

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

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SCAN ME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 No School 19	**Pizza Station:** *Cheese Pizza-V *Turkey Pepperoni Pizza **Fresh Cold Deli Station:** *Turkey and Cheese Wrap *Chicken Caesar Salad **Grille Station:** served with a fixing cup and French fries *Spicy or Plain Crispy Chicken Sandwich *Veggie Nuggets with roll-V **Special of the Day:** *Soft Tacos with choice of Turkey Taco Meat and Chicken with a Topping Bar! **Melting Pot:** *Chicken or Veggie Biryani with steamed carrots and pita 20	**Pizza Station:** *Cheese Pizza-V *Veggie Pizza-V **Fresh Cold Deli Station:** *Egg Salad on Kaiser *Chicken Tender Salad **Grille Station:** *Bosco Bread Sticks with Marinara dipping cup-V **Special of the Day:** *General Tso Chicken over Rice with Oriental Vegetables & Spring Roll **Melting Pot:** *Birria Birria Chicken Tacos with fresh salsa 21	**Pizza Station:** *Cheese Pizza-V *Italian Sausage Crumble Pizza **Fresh Cold Deli Station:** *Turkey BLT Club Sandwich *Chicken Caesar Salad **Grille Station:** *Pepperoni and Cheese Calzone with Marinara Dipping Sauce **Special of the Day:** *Panini of the Day with Homemade Soup **Melting Pot:** *Thai Pho with Ramen and choice of protein and topping bar-V 22	**Pizza Station:** *Cheese Pizza-V *Buffalo Chicken Pizza **Fresh Cold Deli Station:** *Crispy Chicken Pasta Bowl *Assorted Cereal Kits-V **Grille Station:** *All Beef Hot Dog(s) on a bun with Baked Beans, & Onion Rings **Special of the Day:** *Crispy Chicken with Powdered Sugar Dutch Waffle **Melting Pot:** *Cheese Lasagna Roll Up with Italian bean salad and garlic toast-V 23
Pizza Station: *Cheese Pizza-V **Fresh Cold Deli Station:** *Turkey and Cheese Hoagie *Triple Decker PBJ-V **Grille Station:** served with fixing cup and bag of baked chips *Cheeseburger or Hamburger *Veggie Burger-V **Special of the Day:** *Walking Nachos with Fiesta Black Bean Salad **Melting Pot:** *Spaghetti and Meatballs with Garlic Toast 26	**Pizza Station:** *Cheese Pizza-V *Turkey Pepperoni Pizza **Fresh Cold Deli Station:** *Italian Hoagie *Chicken Caesar Salad **Grille Station:** served with a fixing cup and french fries *Spicy or Plain Crispy Chicken Sandwich *Veggie Nuggets with roll-V **Special of the Day:** *Cheesesteak on long roll with Sweet Potato Fries **Melting Pot:** *Chicken Gyro On Pita w/Fries, Lettuce, Tomato, Red Onion, Tzatziki 27	**Pizza Station:** *Cheese Pizza-V *Hawaiian Pizza **Fresh Cold Deli Station:** *Turkey BLT Wrap *Sante Fe Salad **Grille Station:** *Breaded Mozzarella Sticks with marinara dipping cup-V **Special of the Day:** *Cheese Enchiladas, Refried Beans, Corn, Salsa, & Sour Cream-V **Melting Pot:** *Chicken with Corn Bread loaf, Seasoned Wedge Potatoes, & *Roasted Brussel Sprouts* 28	**Pizza Station:** *Cheese Pizza-V *Italian Sausage Crumble Pizza **Fresh Cold Deli Station:** *Buffalo Chicken Hoagie *Chicken Caesar Salad **Grille Station:** *Texas Toast Grilled Cheese with Tomato Soup-V **Melting Pot and Special of Day:** *French Toast Sticks with Turkey Sausage, Bacon, & Hash Browns 29	**Pizza Station:** *Cheese Pizza-V *BBQ Chicken Pizza **Fresh Cold Deli Station:** *Kale Apple Salad with Grilled Chicken *Nacho Kit-V **Grille Station:** *Turkey&Cheese Box-pita/cracker, turkey pepperoni and jerky, cheese cubes, grapes and peppers **Special of the Day:** *Turkey Keilbasa on long roll with fries and Spicy Aioli **Melting Pot:** *Chicken Burrito, Lettuce/Tomato, Salsa, Sour Cream 30

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