

January

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

- 1-Cheese and Potato Pierogies with a dinner roll-V
- 2-Cheese Pizza Slice-V
- 3- Yogurt and Cheese Stick Grab and Go-V

Steamed Mixed Vegetable
Banana 5

TUESDAY

- 1- Macaroni and Cheese with a dinner roll-V
- 2-Grilled Cheese with Tomato Soup-V
- 3- Chicken Tender Wrap

Steamed Yellow Corn
Mixed Fruit Cup 6

WEDNESDAY

- 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

Sliced Bell Peppers
Pear Fruit Cup 7

THURSDAY

- 1-Cherry Blossom Chicken brown Rice & fortune cookie
- 2-Breaded Mozzarella Cheese Sticks with marinara dipping Sauce-V
- 3- Turkey Bacon Wrap

Steamed Green Peas
Peach Fruit Cup 8

FRIDAY

- 1-Walking Beef Nachos with Cheese over Tosito Rounds
- 2-Chicken Tenders, French Fries and a roll
- 3- Make Your Own Pizza Grab and Go-V

Celery Sticks
Grapes 9

- 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 12

- 1-Popcorn Chicken and Dutch Waffle
- 2-Grilled Cheese with Tomato Soup-V
- 3- Popcorn Chicken Garden Salad with dinner roll

Roasted Brussel Sprouts
Mixed Fruit Cup 13

- 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

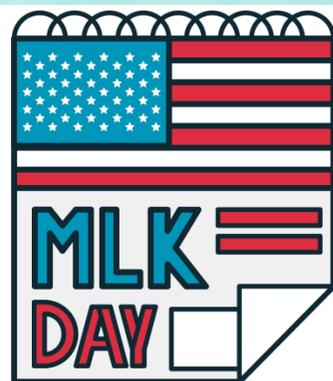
Cucumber Slices
Pear Fruit Cup 14

- 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 15

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

Assorted Veggie Cup
Grapes 16



No School 19

- 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 20

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

Sliced Bell Peppers
Pear Fruit Cup 21

- 1-Crispy Chicken Patty Sandwich & pickles
- 2-Breaded Mozzarella Cheese Sticks with marinara dipping Sauce-V
- 3- Turkey Bacon Wrap

Steamed Green Peas
Peach Fruit Cup 22

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

Celery Sticks
Grapes 23

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

Broccoli Florets
Banana 26

- 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 27

- 1- Mini Waffle, Turkey Sausage, and Hash Browns
- 2- Egg, Cheese Turkey Bacon Sandwich, Hash Browns
- 3-Turkey and Cheese Hoagie with Lettuce, Tomato

Cucumber Slices
Pear Fruit Cup 28

- 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 29

- 1-Cheese Quesadilla with Refried Beans-V
- 2-Chicken Tenders, French Fries and roll
- 3- Assorted Cereal, yogurt, cheese Grab and Go-V

Assorted Veggie Cup
Grapes 30

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

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.

For recipes, activities, & book suggestions [CLICK HERE](#)

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

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