UPPER MERION AREA HIGH SCHOOL

FEBRUARY

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 **Special of the Day** *Cinnamon Bun, Egg patty, Seasoned Homefries & Turkey Bacon **Melting Pot:** *Open-Faced Turkey Sandwich with Mashed Potatoes and Gravy 2	**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 3	**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 4	**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:** *Honey Sriracha Chicken over Rice with Oriental Vegetables & Spring Roll 5	**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 6
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 9	**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 10	**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:** *Chicken Penne Rosa in an Alfredo Blush sauce with a garlic knot *Roasted Brussel Sprouts* 11	***No School*** ***On Feb 11th Every student who orders a lunch will also receive a Red Velvet Cookie.*** 12	***No School*** 13

PA Harvest of the Month

Mushrooms

Mushrooms are classified as a fungi and contain naturally occuring vitamin D. Over 60% of mushrooms grown are from PA and can be grown year round! Try some on your pizza or in a veggie quesadilla! For recipes, activities, & book suggestions CLICK HERE

SCAN ME

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

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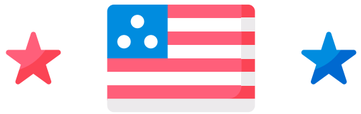
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
No School  **PRESIDENT'S DAY** 16	**Pizza Station:** *Cheese Pizza-V *Turkey Pepperoni Pizza **Fresh Cold Deli Station:** *Turkey and Cheese Wrap *Chicken Caesar Salad **Grille Station:** served with a fixing cup and French fries *Spicy or Plain Crispy Chicken Sandwich *Veggie Nuggets with roll-V **Special of the Day:** *Bang Bang Crispy Fish or Chicken Tacos with a Topping Bar! **Melting Pot:** *Chicken or Veggie Biryani with steamed carrots and pita 17	**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:** *Shepherd's Pie with ground beef, mashed potatoes and corn 18	**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 19	**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 20
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 23	**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 with Corn Bread loaf, Seasoned Wedge Potatoes, 24	**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 Cacciatore over Pasta with Brussels Sprouts 25	**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 26	**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 27

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