

# UPPER MERION AREA MIDDLE SCHOOL

# FEBRUARY

## PA Harvest of the Month Mushrooms

Mushrooms are classified as a fungi and contain naturally occurring 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

### 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, Assorted Fresh Fruit, 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](http://SchoolCafe.com) or scan the QR code to visit [umasd.org](http://umasd.org) for more Food Service Info.

Any further questions can be directed to Brittany Frazer at [bfrazer@umasd.org](mailto:bfrazer@umasd.org) or 610-205-8804



## MONDAY

**Pizza Station:**  
 \*Cheese Pizza-V

**Fresh Cold Deli Station:**  
 \*Italian Hoagie  
 \*Chicken Caesar Salad

**Grille Station:**  
 served with fixing cup and fries  
 \*UM Big Mac  
 \*Veggie Burger-V

**Special of the Day:**  
 \*Spaghetti and Meatballs with Garlic Toast

Banana/Broccoli Florets **2**

## TUESDAY

**Pizza Station:**  
 \*Cheese Pizza-V  
 \*Turkey Pepperoni Pizza

**Fresh Cold Deli Station:**  
 \*Turkey and Cheese Hoagie  
 \*Assorted Cereal Kit-V

**Grille Station:**  
 served with fixing cup and bag of baked chips  
 \*Spicy Crispy Chicken Sandwich  
 \*Veggie Nuggets with roll-V

**Special of the Day:**  
 \*Walking Nachos with Fiesta Black Bean Salad

Mixed Fruit Cup/Bell Peppers **3**

## WEDNESDAY

**Pizza Station:**  
 \*Cheese Pizza-V  
 \*Veggie Pizza-V

**Fresh Cold Deli Station:**  
 \*Buffalo Chicken Hoagie  
 \*SALAD BAR-Make your own-V

**Grille Station:**  
 \*Bosco Sticks with marinara dipping cup-V

**Special of the Day:**  
 \*NY Cart Style Chicken with Yellow Rice, lettuce, tomato, Yogurt Sauce and or Harissa

Pear Fruit Cup/Cucumbers **4**

## THURSDAY

**Pizza Station:**  
 \*Cheese Pizza-V  
 \*Italian Sausage Pizza

**Fresh Cold Deli Station:**  
 \*Chicken Salad on Kaiser with lettuce and tomato  
 \*Turkey BLT Salad

**Grille Station:**  
 \*All Beef Hot Dog on a bun with Baked Beans, and Onion Rings

**Special of the Day:**  
 \*Macaroni and Cheese steamed mixed vegetables, with a dinner roll-V  
 Peach Fruit Cup/Celery Sticks **5**

## FRIDAY

**Pizza Station:**  
 \*Cheese Pizza-V  
 \*BBQ Chicken Pizza

**Fresh Cold Deli Station:**  
 \*Make your own Pizza kit  
 \*Chicken Caesar Salad

**Grille Station:**  
 \*Grilled Cheese with Tomato Soup-V

**Special of the Day:**  
 \* BBQ Chicken with Corn Bread loaf, Steamed Corn and Brussel Spouts

Applesauce/Asst Veggie Cup **6**



\$1.75

Friday Only

## No School

On Feb 11<sup>th</sup>  
 Every student who orders a lunch will also receive a Red Velvet Cookie.

**12**

## No School

**13**

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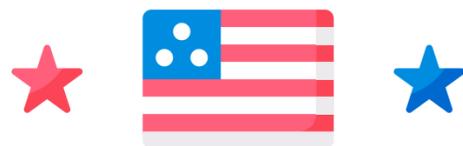
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## MONDAY

**No School**



**PRESIDENT'S DAY**

16

## TUESDAY

### Pizza Station:

- \*Cheese Pizza-V
- \*Turkey Pepperoni Pizza

### Fresh Cold Deli Station:

- \*Turkey and Cheese Hoagie
- \*Assorted Cereal Kit-V

### Grille Station:

served with fixing cup and bag of baked chips

- \*Spicy Crispy Chicken Sandwich
- \*Veggie Nuggets with roll-V

### Special of the Day:

- \*Top your own Pancakes with turkey sausage and Hash Browns

Mixed Fruit Cup/Bell Peppers

17

## WEDNESDAY

### Pizza Station:

- \*Cheese Pizza-V
- \*Veggie Pizza-V

### Fresh Cold Deli Station:

- \*Buffalo Chicken Hoagie
- \*SALAD BAR-Make your own-V

### Grille Station:

- \*Turkey Corn Dog on a Stick with Sweet Potato Fries and honey mustard

### Special of the Day:

- \* Honey Sriracha Chicken over Fried Rice with fortune cookie

Pear Fruit Cup/Cucumbers

18

## THURSDAY

### Pizza Station:

- \*Cheese Pizza-V
- \*Italian Sausage Pizza

### Fresh Cold Deli Station:

- \*Chicken Salad on Kaiser with lettuce and tomato
- \*Turkey BLT Salad

### Grille Station:

- \*Warm Pretzel, Turkey Link with Cheese Cup-V

### Special of the Day:

- \*UM Burrito Bowl Bar with cilantro lime rice, black beans & choice of meat V shredded lettuce, salsa, cheese

Peach Fruit Cup/Celery Sticks

19

## FRIDAY

### Pizza Station:

- \*Cheese Pizza-V
- \*BBQ Chicken Pizza

### Fresh Cold Deli Station:

- \*Make your own Pizza kit
- \*Chicken Caesar Salad

### Grille Station:

- served with fries and cole slaw
- \*Turkey Kielbasa on long Roll
- \*Veggie Nuggets-V

### Special of the Day:

- \*Thai Pho with Ramen and your choice of protein and topping bar

Applesauce/Asst Veggie Cup

20

### Pizza Station:

- \*Cheese Pizza-V

### Fresh Cold Deli Station:

- \*Turkey and Cheese Hoagie
- \*Chicken Caesar Salad

### Grille Station:

served with fixing cup and bag of baked chips

- \*Cheeseburger or Hamburger
- \*Veggie Burger-V

### Special of the Day:

- \*Chicken Penne Alfredo with garlic toast and Steamed Green Peas

Banana/Broccoli Florets

23

### Pizza Station:

- \*Cheese Pizza-V
- \*Turkey Pepperoni Pizza

### Fresh Cold Deli Station:

- \*Italian Hoagie
- \*Sante Fe Salad

### Grille Station:

served with fixing cup and fries

- \*Crispy Chicken Sandwich
- \*Veggie Nuggets with roll-V

### Special of the Day:

- \*Perogies with Roasted Peppers & Onions and a dinner roll-V

Mixed Fruit Cup/Bell Peppers

24

### Pizza Station:

- \*Cheese Pizza-V
- \*Veggie Pizza-V

### Fresh Cold Deli Station:

- \*Turkey Ham and Cheese on Pretzel Bun
- \*SALAD BAR-Make your own-V

### Grille Station:

- \*Cheese Enchiladas with Refried Beans and Steamed Yellow Corn-V

### Special of the Day:

- \*Pillsbury Cinnamon Bun with Cheesy Omelette and seasoned home fries-V

Pear Fruit Cup/Cucumbers

25

### Pizza Station:

- \*Cheese Pizza-V
- \*Turkey Pepperoni Pizza

### Fresh Cold Deli Station:

- \*Turkey BLT Wrap
- \*Chicken Tender Salad

### Grille Station:

- \*Panini of the Day with Homemade Soup

### Special of the Day:

- \*Beef Lo Mein with steamed broccoli and fortunate cookie

Peach Fruit Cup/Celery Stick

26

### Pizza Station:

- \*Cheese Pizza-V
- \*Buffalo Chicken Pizza

### Fresh Cold Deli Station:

- \*Nacho Kit-V
- \*Chicken Caesar Salad

### Grille Station:

- \*Breaded Mozzarella Sticks with Marinara dipping cup-V

### Special of the Day:

- \*PA Dutch Chicken and Waffles with Mashed Potatoes & Mixed Veggies

Applesauce/Asst Veggie Cup

27



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Friday Only



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