



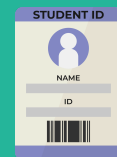
# UPPER MERION AREA HIGH SCHOOL

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](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:

\*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**

## TUESDAY

### 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

### Melting Pot and Special of the Day:

\*Chicken Tender basket with Fries and a roll **3**

## WEDNESDAY

### 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 Veggies and Side Salad

### Melting Pot:

\*NY Cart Style Chicken with Yellow Rice, Lettuce, Tomato, Yogurt Sauce and or Harissa **4**

## THURSDAY

### 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**

## FRIDAY

### 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

\*PRETZEL 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:

\*Indian Butter Chicken over Rice served with Pita and Broccoli Roasted Brussel Sprouts **11**

### 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:

\*Beef Lo Mein with Broccoli and Oriental Mixed Vegetables **12**

### Pizza Station:

\*Cheese Pizza-V

\*BBQ Chicken Pizza

\*Square Tomato Pie Slice with side salad-V

### Fresh Cold Deli Station:

\*Chopped Turkey and Bacon Salad

\*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 **13**

## PA Harvest of the Month Dairy

The average dairy cow produces over 100 glasses of milk per day, about 8 gallons, which are delivered from the farm to your grocery store in as little as 48 hours. For recipes, activities, & book suggestions [CLICK HERE](#)



SCAN ME

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

# March

# UPPER MERION AREA HIGH SCHOOL

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](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:

\*BBQ Chicken 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:

\*Chicken Parm on Round Roll, Side Salad

### Melting Pot:

\*Caribbean Chicken, Grain and Fruit Bowl

16

## TUESDAY

### Pizza Station:

\*Cheese Pizza-V

\*Dill Pickle 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:

\*Shepherd's Pie with ground beef, mashed potatoes and corn

17

*Kiwi Strawberry Water Ice to all who order a meal on 3/17*

## WEDNESDAY

### 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:

\*Buffalo Chicken Wings with Garlic knot and Celery/Carrots

18

## THURSDAY

### 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

## FRIDAY

# No School



Eid al Fitr  
2026

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:

\*Crispy Chicken with Corn Bread 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:

\*Beef Burrito, Lettuce/Tomato, Salsa, Sour Cream

27

## PA Harvest of the Month Dairy

The average dairy cow produces over 100 glasses of milk per day, about 8 gallons, which are delivered from the farm to your grocery store in as little as 48 hours. For recipes, activities, & book suggestions [CLICK HERE](#)



SCAN ME

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