

March

UPPER MERION AREA MIDDLE 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, 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 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

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:
*Crispy Baked Chicken with Corn Bread loaf, Steamed Corn and Brussel Spouts

Strawberries/Asst Veggie Cup **6**



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
*PRETZEL Cheeseburger or Hamburger
*Veggie Burger-V

Special of the Day:
*French Toast Sticks with Turkey Sausages and Hash Browns

Banana/Broccoli Florets **9**

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:
*Pasta Bar with your choice of pasta, sauce and protein with garlic bread-V

Mixed Fruit Cup/Veggies **10**

Early Dismissal

11

Early Dismissal

12

Pizza Station:
*Cheese Pizza-V
*Buffalo Chicken Pizza

Fresh Cold Deli Station:
*Nacho Kit-V
*Chicken Caesar Salad

Grille Station:
*Meatball Parm Sub on long Roll

Special of the Day:
*Indian Butter Chicken with Rice, Naan, and steamed Broccoli

Strawberries/Asst Veggie Cup **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

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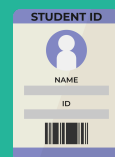
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Vegetable: Baby Carrots and the Veggie of the Day -May only choose 2-

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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:

*Tortellini with Red Sauce-V

or with Meatsauce

served with steamed green beans and garlic toast

Banana/Broccoli Florets

16

TUESDAY

Pizza Station:

*Cheese Pizza-V

*Dill Pickle Pizza

Fresh Cold Deli Station:

*Turkey, Bacon, Cheese Wrap

*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:

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

Kiwi Strawberry

Water Ice

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

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FRIDAY

No School



Eid al Fitr
2026

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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

Strawberries/Asst Veggie Cup

27



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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 fortune cookie

Peach Fruit Cup/Celery Stick

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