

# APRIL

## Middle School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### BREAKFAST

IS AVAILABLE TO ALL STUDENTS AT NO COST

Every student can select one \*main breakfast entree, up to 2 servings of fruit, and a choice of fat-free or 1% milk to make a fully reimbursable breakfast!

Spring into your morning with a complete breakfast

Sunflower seeds make an excellent, nutrient-dense breakfast providing protein, healthy fats, and fiber to boost energy. They are highly versatile, easily incorporated as a crunchy topping for yogurt!



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

Hello Spring!



6

- \*Blueberry Lemon ZeeZee Oatmeal Bar
- \*PopTarts
- \*Assorted Cereal Bar

Raisins and 100% Fruit Juice 7

- \*Honey Chicken Bisquit
- \*Mini Donuts
- \*Assorted Cereal Bar

Raisin and 100% Fruit Juice 13

- \*Breakfast Pizza Bagel
- \*NutriGrain Bar with Cheese stick and yogurt
- \*Assorted Cereal Bars

Raisin and 100% Fruit Juice 20

- \*Blueberry Lemon ZeeZee Oatmeal Bar
- \*PopTarts
- \*Assorted Cereal Bar

Raisin and 100% Fruit Juice 27

- \*Egg, Cheese, Turkey Bacon Croissant
- \*Cinni Mini-Bagels
- \*Assorted Breakfast Breads

Banana and 100% Fruit Juice 14

- \*Egg, Cheese, Turkey Bacon Croissant
- \*Apple Strudel
- \*Assorted Breakfast Breads

Banana and 100% Fruit Juice 21

- \*Egg, Cheese, Turkey Bacon Croissant
- \*Cinni Mini-Bagels
- \*Assorted Breakfast Breads

Banana and 100% Fruit Juice 28

- \*Cheesy Egg Omelet Wrap
- \*Mango/Sunflower Seeds Mix with Yogurt
- \*Assorted BeneFIT Bars
- ~Strawberry Yogurt Chex Mix~

Mixzees Dried Fruit and Applesauce 8

- \*Mini Waffles
- \*Strawberry Banana
- \*PopTart
- \*Smoothie with Granola
- \*Assorted BeneFIT Bars

Applesauce and Craisins 15

- \*Cheesy Egg Omelet Wrap
- \*Mango/Sunflower Seeds Mix with Yogurt
- \*Assorted BeneFIT Bars
- ~Strawberry Yogurt Chex Mix~

Mixzees Dried Fruit and Applesauce 22

- \*Mini Waffles
- \*Strawberry Banana
- \*Pop Tarts
- \*Smoothie with Granola
- \*Assorted BeneFIT Bars

Applesauce and Craisins 29

- \*Egg, Cheese, Turkey Sausage on Bagel
- \*Warmed Croissant-Marg/Jam
- \*Assorted Muffins

Orange Slices and 100% Fruit Juice 9

- \*Egg, Cheese, Turkey Sausage on English Muffin
- \*Warmed Bagel w/ Cream Cheese
- \*Assorted Muffins

Orange Slices and 100% Fruit Juice 16

- \*Egg, Cheese, Turkey Sausage on Bagel
- \*Warmed Croissant-Marg/Jam
- \*Assorted Muffins

Orange Slices and 100% Fruit Juice 23

- \*Egg, Cheese, Turkey Sausage on English Muffin
- \*Warmed Bagel w/ Cream Cheese
- \*Assorted Muffins

Orange Slices and 100% Fruit Juice 30

- \*Egg, Cheese, Turkey Bacon on Pretzel Roll
- \*ZeeZee Lemon Blueberry Oatmeal Bar
- \*Assorted Cereal Bars

Craisins and 100% Fruit Juice 10

- \*Egg, Cheese, Turkey Bacon on Pretzel Roll
- \*Apple Cinnamon Texas Toast with cheesestick
- \*Assorted Cereal Bars

Apple Slices and 100% Fruit Juice 17

- \*Egg, Cheese, Turkey Bacon on Pretzel Roll
- \*ZeeZee Lemon Blueberry Oatmeal Bar
- \*Assorted Cereal Bars

Craisins and 100% Fruit Juice 24

- \*Egg, Cheese, Turkey Bacon on Pretzel Roll
- \*Apple Cinnamon Texas Toast with cheesestick
- \*Assorted Cereal Bars

Apple Slices and 100% Fruit Juice 1