

BRILLIANT

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 TUESDAY WEDNESDAY THURSDAY FRIDAY



MONDAY

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TUESDAY

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

Fresh Cold Deli Station:
 *Italian Hoagie
 *Assorted Cereal Kit-V

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/Bell Peppers

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WEDNESDAY

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

Fresh Cold Deli Station:
 *Turkey&Cheese Box with pita, crackers, turkey pepperoni, jerky, cheese cubes, grapes and peppers
 *SALAD BAR-Make your own-V

Grille Station:
 *Mini Cheesesteak on long roll

Special of the Day:
 *Buffalo Chicken Over Waffle Fries with steamed carrots and Garlic Knot
 Pear Fruit Cup/Cucumbers

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THURSDAY

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

Fresh Cold Deli Station:
 *Turkey BLT Wrap
 *Chicken Tender Salad

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

Special of the Day:
 *Popcorn Chicken Bowl with Mashed Potatoes in gravy and Corn
 Peach Fruit Cup/Celery Sticks

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FRIDAY

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
 Applesauce/Asst Veggie Cup

10



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

13

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
 Mixed Fruit Cup/Veggies

14

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

15

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

16

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:
 *NY Cart Style Chicken with Yellow Rice, lettuce, tomato, Yogurt Sauce and Harissa
 Applesauce/Asst Veggie Cup

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PA Harvest of the Month

Leafy Greens

Leafy Greens like kale, swiss chard, and different lettuces are grown mainly in the ground but also in hydroponics aka water beds. These help to extend their availability beyond their traditional season For recipes, activities, & book suggestions

CLICK HERE



SCAN ME

BRIDAL

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MONDAY

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 **20**

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 **27**

TUESDAY

PSSA TESTING
 Please order in advance-

Lunch Options:
 1.Bosco Sticks-V
 or
 2. Italian hoagie

All Lunches come with:
 Apple Slices and Juice
 Broccoli and Cauliflower
 Brookie (Brownie Crookie)

21

PSSA TESTING
 Please order in advance-

Lunch Options:
 1.Bosco Sticks-V
 or
 2.Chicken Tender Salad

All Lunches come with:
 Apple Slices and Juice
 Broccoli and Cauliflower

Fruit Snacks

28

WEDNESDAY

PSSA TESTING
 Please order in advance-

Lunch Options:
 1.French Bread Pizza-V
 or
 2. Chicken Caesar Salad

All Lunches come with:
 Applesauce and Juice
 Cucumbers
 Rice Krispie Treat

22

PSSA TESTING
 Please order in advance-

Lunch Options:
 1.Deep Dish Pizza
 or
 2.Turkey and Cheese Hoagie

All Lunches come with:
 Applesauce and Juice
 Baby Carrots

Baked Chips

29

THURSDAY

PSSA TESTING
 Please order in advance-

Lunch Options:
 1. Grilled Cheese-V
 or
 2.Make Your Own Pizza Kit

All Lunches come with:
 Peach Cup and Juice
 Baby Carrots
 Cheddar Goldfish Crackers

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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 Stick **30**

FRIDAY

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

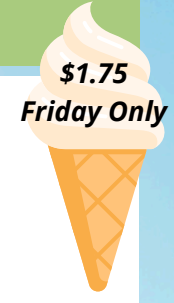
Special of the Day:
 *PA Dutch Chicken and Waffles with Mashed Potatoes & Mixed Veggies
 Applesauce/Asst Veggie Cup **24**

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

Mr. Slavin's CHOICE
Special of the Day:
 *Thai Pho with Ramen and your choice of protein and topping bar
 Applesauce/Asst Veggie Cup **1**



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SCAN ME