

APRIL

High 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 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

Hello Spring!



6

- *Mini Pancakes
- *Hot Honey Chicken Biscuit
- *Mini Donuts
- *Assorted Cereals

13

- *Early Riser Hashbrowns
- *Warmed Dutch Waffle
- *NutriGrain Bar with Cheese stick and yogurt
- *Assorted Cereal

20

- *Mini Pancakes
- *Hot Honey Chicken Biscuit
- *Blueberry Lemon ZeeZee Oatmeal Bar
- *Assorted Cereals

27

- *Blueberry Lemon ZeeZee Oatmeal Bar
- *Cinni Mini-Bagels
- *Assorted Breakfast Breads
- *Assorted Cereal

7

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

14

- *Egg, Cheese, Turkey Bacon Croissant
- *Strawberry Cream Cheese Stuffed Mini-Bagels
- *Assorted Breakfast Breads
- *Assorted Cereal

21

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

28

- *Maple Waffle Panini with Turkey Sausage, Egg, and Cheese
- *Pop Tarts
- *Assorted Breakfast Bars
- *Assorted Cereal

8

- *Cowboy Breakfast Skillet with toast
- *Pop Tarts
- *Assorted Breakfast Bars
- *Assorted Cereals

15

- *Apple Cinnamon French Toast with Cheese Stick
- *Pop Tarts
- *Assorted Breakfast Bars
- *Assorted Cereal

22

- *Cowboy Breakfast Skillet with toast
- *Pop Tarts
- *Assorted Breakfast Bars
- *Assorted Cereals

29

- *Egg, Cheese, Turkey Sausage on Bagel
- *Chocolate Crescent Roll
- *Strawberry and Blueberry Yogurt Bark with Granola
- *Assorted Muffins

9

- *Egg, Cheese, Turkey Sausage on English Muffin
- *Warmed Croissant-Marg/Jam
- *Assorted Muffins
- *Assorted Cereals

16

- *Egg, Cheese, Turkey Sausage on Bagel
- *Chocolate Crescent Roll
- *Strawberry and Blueberry Yogurt Bark with Granola
- *Assorted Muffins

23

- *Egg, Cheese, Turkey Sausage on English Muffin
- *Warmed Croissant-Marg/Jam
- *Assorted Muffins
- *Assorted Cereals

30

- *Egg, Cheese, Turkey Bacon on Pretzel Roll
- *Breakfast Pizza
- *Make Your Own Yogurt Parfait
- *Assorted Cereal

10

- *Egg, Cheese, Turkey Bacon on Pretzel Roll
- *Three Cheese Egg bites with a bagel
- *Strawberry Banana Smoothie
- *Assorted Cereals

17

- *Egg, Cheese, Turkey Bacon on Pretzel Roll
- *Breakfast Pizza
- *Make Your Own Yogurt Parfait
- *Assorted Cereal

24

- *Egg, Cheese, Turkey Bacon on Pretzel Roll
- *Three Cheese Egg bites with a bagel
- *Cranberry Chocolate Chip Overnight Oats
- *Assorted Cereals

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