

# BRIDE

# 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

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



## 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

**Pizza Station:**  
 \*Cheese Pizza-V

**Fresh Cold Deli Station:**  
 \*Triple Decker PB&J-V  
 \*Assorted Cereal Kit-V

**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

6

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

**Fresh Cold Deli Station:**  
 \*Triple Decker PB&J-V  
 \*Assorted Cereal Kit-V

**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

7

**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

8

**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

9

**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 the Day:**  
 \*Pancakes with Turkey Sausage and Hashbrowns with a topping bar

10

**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

13

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

14

**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

15

**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

16

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

**Fresh Cold Deli Station:**  
 \*Crispy Chicken Pasta Bowl  
 \*Assorted Cereal Kits-V

**Grille Station:**  
 \*All Beef Hot Dog(s) on a bun with Baked Beans, & Onion Rings

**Special of the Day:**  
 \*Crispy Chicken with Powdered Sugar Dutch Waffle

**Melting Pot:**  
 \*Cheese Lasagna Roll Up with Italian bean salad and garlic toast-V

17

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## MONDAY

### 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

20

## TUESDAY

### 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

21

## WEDNESDAY

### 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

22

## THURSDAY

### 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

23

## FRIDAY

### 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

24

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SCAN ME

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 \*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

27

**Pizza Station:**  
 \*Cheese Pizza-V  
 \*Turkey Pepperoni Pizza  
**Fresh Cold Deli Station:**  
 \*Turkey and Cheese Wrap  
 \*Chicken Daesar 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

28

**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

29

**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

30

**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:**  
 \*General TSO Chicken over Rice and  
 veggies

### Melting Pot:

\*Pasta with Homemade Meatsauce,  
 Garlic Bread and veggies

1

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