

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 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:

*Turkey and Cheese Hoagie

*Triple Decker PBJ-V

Grille Station:

served with fixing cup and bag of baked chips

*PRETZEL Cheeseburger or Hamburger

*Veggie Burger-V

Special of the Day:

*Buffalo Chicken over Waffle Fries and chipped green onions

Melting Pot:

*Popcorn Chicken Bowl with Mashed Potatoes in gravy and Corn

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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:

*Pasta Bar- Pick you own pasta, sauce, and protein with garlic bread-V

Melting Pot:

*Chicken Chipotle Bowl

5

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:

*StateFair Turkey Corndog with BBQ Baked Beans

Melting Pot:

*Indian Butter Chicken over Rice served with Pita and Broccoli
 Roasted Brussel Sprouts

6

THURSDAY

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

7

FRIDAY

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

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Keystone Testing

Viking Cafe will be open

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Keystone Testing

Viking Cafe will be open

12

Keystone Testing

Viking Cafe will be open

13

Keystone Testing

Viking Cafe will be open

14

Keystone Testing

Viking Cafe will be open

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PA Harvest of the Month Asparagus

Asparagus is a perennial plant, which means it will grow back every year even after being cut? Asparagus is also full of folate, vitamin C and A, and thiamin making it a powerhouse vegetable! For recipes, activities, &

[CLICK HERE](#)



SCAN ME

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MONDAY

Keystone Testing
Viking Cafe will be open

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TUESDAY

No School



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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

20

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

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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

22

No School



HAPPY MEMORIAL DAY

25

Pizza Station:

- *Cheese Pizza-V

- *Turkey Pepperoni Pizza

Fresh Cold Deli Station:

- *Turkey and Cheese Wrap
- *Triple Decker PBJ-V

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

26

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

27

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

28

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:

- *Meatball Parm Sub served with a side salad

Melting Pot:

- *Chicken Tamales with Cheese, Salsa Verde, Refried Beans, & Corn Cheese Enchiladas-V

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Asparagus

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