

# 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

**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

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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:**

\*StateFair Turkey Corndog with BBQ Baked Beans

**Melting Pot:**

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

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## 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

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## 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:**

\*Chef Special

**Melting Pot and Special of the Day:**

\*Chef Special

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## PA Harvest of the Month Strawberries

Strawberries are the perfect picking fruit in Pennsylvania as they are the first ripen in our area. Did you know, on average a strawberry has 200 seeds covering the outside skin.

For recipes, activities, & book suggestions [CLICK HERE](#)



SCAN ME

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

**Fresh Cold Deli Station:**  
 \*Assorted Sandwich  
 \*Assorted Kit

**Grille Station:**  
 served with a fixing cup and a bag of baked chips

\*Bacon Cheeseburger or Hamburger  
 \*Veggie Burger-V

**Special of the Day:**  
 \*Chef Special

**Melting Pot:**  
 \*Chef Special

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

**Fresh Cold Deli Station:**  
 \*Assorted Sandwich  
 \*Assorted Kit

**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:**  
 \*Chef Special

**Melting Pot:**  
 \*Chef Special

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**Early Dismissal**  
**Only breakfast will be served**

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**Early Dismissal**  
**Only breakfast will be served**

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**Early Dismissal**  
**Only breakfast will be served**

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