



**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!*



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 or  
 610-205-8804*

<b>High School</b>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Turkey Sausage and Cheese Stuffed Croissant *Avocado Toast with Hard-boiled Egg *NutriGrain Bar with Cheese stick and yogurt * Assorted Cereal <b>1</b>	*Egg, Cheese, Turkey Bacon Croissant *Apple Strudel * Assorted Breakfast Breads * Assorted Cereal <b>2</b>	*Maple Waffle Panini with Turkey Sausage, Egg, and Cheese *Pop Tarts * Assorted Breakfast Bars * Assorted Cereal <b>3</b>	*Egg, Cheese, Turkey Sausage on Bagel *Chocolate Crescent Roll *Strawberry and Blueberry Yogurt Bark with Granola * Assorted Muffins <b>4</b>	*Egg, Cheese, Turkey Bacon on Pretzel Roll *Breakfast Pizza *Make Your Own Yogurt Parfait * Assorted Cereal <b>5</b>
*Mini Pancakes *Hot Honey Chicken Biscuit *Mini Donuts * Assorted Cereals <b>8</b>	*Egg, Cheese, Turkey Bacon Croissant *Cinni Mini-Bagels * Assorted Breakfast Breads * Assorted Cereals <b>9</b>	* Assorted Breakfast Item * Assorted Breakfast Item * Assorted BeneFIT Bar <b>10</b>	* Assorted Breakfast Item * Assorted Breakfast Item * Assorted Muffins <b>11</b>	* Assorted Breakfast Item * Assorted Breakfast Item * Assorted Cereal Bar <b>12</b>