

MAY

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

High School

KEYSTONE TESTING is scheduled from May 11th-18th. Only breakfast will be served but the Viking Cafe will be open at 10:30am-11:15am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> *Turkey Sausage and Cheese Stuffed Croissant *Avocado Toast with Hard-boiled Egg *NutriGrain Bar with Cheese stick and yogurt * Assorted Cereal <p>4</p>	<ul style="list-style-type: none"> *Egg, Cheese, Turkey Bacon Croissant * Apple Strudel * Assorted Breakfast Breads * Assorted Cereal <p>5</p>	<ul style="list-style-type: none"> *Maple Waffle Panini with Turkey Sausage, Egg, and Cheese * Pop Tarts * Assorted Breakfast Bars * Assorted Cereal <p>6</p>	<ul style="list-style-type: none"> *Egg, Cheese, Turkey Sausage on Bagel *Chocolate Crescent Roll *Strawberry and Blueberry Yogurt Bark with Granola * Assorted Muffins <p>7</p>	<ul style="list-style-type: none"> *Egg, Cheese. Turkey Bacon on Pretzel Roll *Breakfast Pizza *Make Your Own Yogurt Parfait * Assorted Cereal <p>8</p>
<ul style="list-style-type: none"> *Mini Pancakes *Hot Honey Chicken Biscuit *Mini Donuts * Assorted Cereals <p>11</p>	<ul style="list-style-type: none"> *Egg, Cheese, Turkey Bacon Croissant *Cinni Mini-Bagels * Assorted Breakfast Breads * Assorted Cereals <p>12</p>	<ul style="list-style-type: none"> *Cowboy Breakfast Skillet with toast * Pop Tarts * Assorted Breakfast Bars * Assorted Cereals <p>13</p>	<ul style="list-style-type: none"> *Egg, Cheese, Turkey Sausage on English Muffin * Warmed Croissant-Marg/Jam * Assorted Muffins&Cereals <p>14</p>	<ul style="list-style-type: none"> *Egg, Cheese. Turkey Bacon on Pretzel Roll *Three Cheese Egg bites with a bagel *Strawberry Banana Smoothie * Assorted Cereals <p>15</p>
<ul style="list-style-type: none"> *Early Riser Hashbrowns * Warmed Dutch Waffle *NutriGrain Bar with Cheese stick and yogurt * Assorted Cereal <p>18</p>	 <p>No School</p> <p>19</p>	<ul style="list-style-type: none"> *Apple Cinnamon French Toast with Cheese Stick * Pop Tarts * Assorted Breakfast Bars * Assorted Cereal <p>20</p>	<ul style="list-style-type: none"> *Egg, Cheese, Turkey Sausage on Bagel *Chocolate Crescent Roll *Strawberry and Blueberry Yogurt Bark with Granola * Assorted Muffins <p>21</p>	<ul style="list-style-type: none"> *Egg, Cheese. Turkey Bacon on Pretzel Roll *Breakfast Pizza *Make Your Own Yogurt Parfait * Assorted Cereal <p>22</p>
 <p>HAPPY MEMORIAL DAY</p> <p>25</p>	<ul style="list-style-type: none"> *Mini Pancakes *Hot Honey Chicken Biscuit *Blueberry Lemon ZeeZee Oatmeal Bar * Assorted Cereals <p>26</p>	<ul style="list-style-type: none"> *Cowboy Breakfast Skillet with toast * Pop Tarts * Assorted Breakfast Bars * Assorted Cereals <p>27</p>	<ul style="list-style-type: none"> *Egg, Cheese, Turkey Sausage on English Muffin * Warmed Croissant-Marg/Jam * Assorted Muffins * Assorted Cereals <p>28</p>	<ul style="list-style-type: none"> *Egg, Cheese. Turkey Bacon on Pretzel Roll *Three Cheese Egg bites with a bagel *Cranberry Chocolate Chip Overnight Oats * Assorted Cereals <p>29</p>