

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

Middle School

MONDAY

- *Turkey Sausage and Cheese Stuffed Croissant
- *NutriGrain Bar with Cheese stick and yogurt
- * Assorted Cereal Bars

Raisin and 100% Fruit Juice 4

- *Honey Chicken Bisquit
- *Mini Donuts
- * Assorted Cereal Bar

Raisin and 100% Fruit Juice 11

- *Breakfast Pizza Bagel
- *NutriGrain Bar with Cheese stick and yogurt
- * Assorted Cereal Bars

Raisin and 100% Fruit Juice 18



TUESDAY

- *Egg, Cheese, Turkey Bacon Croissant
- *Apple Strudel
- * Assorted Breakfast Breads

Banana and 100% Fruit Juice 5

- *Egg, Cheese, Turkey Bacon Croissant
- *Cinni Mini-Bagels
- * Assorted Breakfast Breads

Banana and 100% Fruit Juice 12



No School 19

- *Blueberry Lemon ZeeZee Oatmeal Bar
- *PopTarts
- * Assorted Cereal Bar

Banana and 100% Fruit Juice 26

WEDNESDAY

- *Cheesy Egg Omelet Wrap
- *Mango/Sunflower Seeds Mix with Yogurt
- * Assorted BeneFIT Bars
- ~Strawberry Yogurt Chex Mix~

Mixzees Dried Fruit and Applesauce 6

- *Mini Waffles
- *Strawberry Banana
- *PopTart
- *Smoothie with Granola
- * Assorted BeneFIT Bars

Applesauce and Craisins 13

- *Cheesy Egg Omelet Wrap
- *Mango/Sunflower Seeds Mix with Yogurt
- * Assorted BeneFIT Bars
- ~Strawberry Yogurt Chex Mix~

Mixzees Dried Fruit and Applesauce 20

- *Mini Waffles
- *Strawberry Banana
- *Pop Tarts
- *Smoothie with Granola
- * Assorted BeneFIT Bars

Applesauce and Craisins 27

THURSDAY

- *Egg, Cheese, Turkey Sausage on Bagel
- *Warmed Croissant-Marg/Jam
- * Assorted Muffins

Orange Slices and 100% Fruit Juice 7

- *Egg, Cheese, Turkey Sausage on English Muffin
- *Warmed Bagel w/ Cream Cheese
- * Assorted Muffins

Orange Slices and 100% Fruit Juice 14

- *Egg, Cheese, Turkey Sausage on Bagel
- *Warmed Croissant-Marg/Jam
- * Assorted Muffins

Orange Slices and 100% Fruit Juice 21

- *Egg, Cheese, Turkey Sausage on English Muffin
- *Warmed Bagel w/ Cream Cheese
- * Assorted Muffins

Orange Slices and 100% Fruit Juice 28

FRIDAY

- *Egg, Cheese, Turkey Bacon on Pretzel Roll
- *ZeeZee Lemon Blueberry Oatmeal Bar
- * Assorted Cereal Bars

Craisins and 100% Fruit Juice 8

- *Egg, Cheese, Turkey Bacon on Pretzel Roll
- *Apple Cinnamon Texas Toast with cheesestick
- * Assorted Cereal Bars

Apple Slices and 100% Fruit Juice 15

- *Egg, Cheese, Turkey Bacon on Pretzel Roll
- *ZeeZee Lemon Blueberry Oatmeal Bar
- * Assorted Cereal Bars

Craisins and 100% Fruit Juice 22

- *Egg, Cheese, Turkey Bacon on Pretzel Roll
- *Apple Cinnamon Texas Toast with cheesestick
- * Assorted Cereal Bars

Apple Slices and 100% Fruit Juice 29