



**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>Middle School</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
*Turkey Sausage and Cheese Stuffed Croissant *NutriGrain Bar with Cheese stick and yogurt * Assorted Cereal Bars  <b>Raisin and 100% Fruit Juice 1</b>	*Egg, Cheese, Turkey Bacon Croissant *Apple Strudel * Assorted Breakfast Breads  <b>Banana and 100% Fruit Juice 2</b>	*Cheesy Egg Omelet Wrap *Mango/Sunflower Seeds Mix with Yogurt * Assorted BeneFIT Bars ~Strawberry Yogurt Chex Mix~  <b>Mixzees Dried Fruit and 100% Fruit Juice 3</b>	*Egg, Cheese, Turkey Sausage on Bagel *Warmed Croissant-Marg/Jam * Assorted Muffins  <b>Orange Slices and 100% Fruit Juice 4</b>	*Egg, Cheese, Turkey Bacon on Pretzel Roll *ZeeZee Lemon Blueberry Oatmeal Bar * Assorted Cereal Bars  <b>Apple Slices and 100% Fruit Juice 5</b>
*Honey Chicken Bisquit *Mini Donuts * Assorted Cereal Bar  <b>Raisin and 100% Fruit Juice 8</b>	*Egg, Cheese, Turkey Bacon Croissant *Cinni Mini-Bagels * Assorted Breakfast Breads  <b>Banana and 100% Fruit Juice 9</b>	* Assorted Breakfast Item * Assorted Breakfast Item * Assorted BeneFIT Bar  <b>Applesauce and 100% Fruit Juice 10</b>	* Assorted Breakfast Item * Assorted Breakfast Item * Assorted Muffins  <b>Orange Slices and 100% Fruit Juice 11</b>	* Assorted Breakfast Item * Assorted Breakfast Item * Assorted Cereal Bar  <b>Craisins and 100% Fruit Juice 12</b>