

UPPER MERION AREA MIDDLE 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, Assorted Fresh Fruit, 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 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



MONDAY

Pizza Station:
 *Cheese Pizza-V

Fresh Cold Deli Station:
 *Turkey and Cheese Hoagie
 *Chicken Caesar Salad

Grille Station:
 served with fixing cup and bag of baked chips
 *PRETZEL Cheeseburger or Hamburger
 *Veggie Burger-V

Special of the Day:
 *French Toast Sticks with Turkey Sausages and Hash Browns

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TUESDAY

Pizza Station:
 *Cheese Pizza-V
 *Turkey Pepperoni Pizza

Fresh Cold Deli Station:
 *Italian Hoagie
 *Assorted Cereal Kit-V

Grille Station:
 served with fixing cup and fries
 *Crispy Chicken Sandwich
 *Veggie Nuggets with roll-V

Special of the Day:
 *Pasta Bar with your choice of pasta, sauce and protein with garlic bread-V
 Mixed Fruit Cup/Bell Peppers

5

WEDNESDAY

Pizza Station:
 *Cheese Pizza-V
 *Veggie Pizza-V

Fresh Cold Deli Station:
 *Turkey&Cheese Box with pita, crackers, turkey pepperoni, jerky, cheese cubes, grapes and peppers
 *SALAD BAR-Make your own-V

Grille Station:
 *Mini Cheesesteak on long roll

Special of the Day:
 *Buffalo Chicken Over Waffle Fries with steamed carrots and Garlic Knot
 Pear Fruit Cup/Cucumbers

6

THURSDAY

Pizza Station:
 *Cheese Pizza-V
 *Turkey Pepperoni Pizza

Fresh Cold Deli Station:
 *Turkey BLT Wrap
 *Chicken Tender Salad

Grille Station:
 *All Beef Hot Dog on a bun with Baked Beans, and Onion Rings

Special of the Day:
 *Popcorn Chicken Bowl with Mashed Potatoes in gravy and Corn
 Peach Fruit Cup/Celery Sticks

7

FRIDAY

Pizza Station:
 *Cheese Pizza-V
 *Buffalo Chicken Pizza

Fresh Cold Deli Station:
 *Nacho Kit-V
 *Chicken Caesar Salad

Grille Station:
 *Meatball Parm Sub on long Roll

Special of the Day:
 *Indian Butter Chicken with Rice, Naan, and steamed Broccoli
 Applesauce/Asst Veggie Cup

8

Pizza Station:
 *Cheese Pizza-V

Fresh Cold Deli Station:
 *Italian Hoagie
 *Chicken Caesar Salad

Grille Station:
 served with fixing cup and fries
 *UM Big Mac
 *Veggie Burger-V

Special of the Day:
 *Tortellini with Red Sauce-V or with Meatsauce
 served with steamed green beans and garlic toast
 Banana/Broccoli Florets

11

Pizza Station:
 *Cheese Pizza-V
 *Dill Pickle Pizza

Fresh Cold Deli Station:
 *Turkey, Bacon, Cheese Wrap
 *Assorted Cereal Kit-V

Grille Station:
 served with fixing cup and bag of baked chips
 *Spicy Crispy Chicken Sandwich
 *Veggie Nuggets with roll-V

Special of the Day:
 *Shepherd's Pie with ground beef, mashed potatoes and corn
 Mixed Fruit Cup/Veggies

12

Pizza Station:
 *Cheese Pizza-V
 *Veggie Pizza-V

Fresh Cold Deli Station:
 *Buffalo Chicken Hoagie
 *SALAD BAR-Make your own-V

Grille Station:
 *Turkey Corn Dog on a Stick with Sweet Potato Fries and honey mustard

Special of the Day:
 * Honey Sriracha Chicken over Fried Rice with fortune cookie
 Pear Fruit Cup/Cucumbers

13

Pizza Station:
 *Cheese Pizza-V
 *Italian Sausage Pizza

Fresh Cold Deli Station:
 *Chicken Salad on Kaiser with lettuce and tomato
 *Turkey BLT Salad

Grille Station:
 *Warm Pretzel, Turkey Link with Cheese Cup-V

Special of the Day:
 *UM Burrito Bowl Bar with cilantro lime rice, black beans & choice of meat-V
 shredded lettuce, salsa, cheese
 Peach Fruit Cup/Celery Sticks

14

Pizza Station:
 *Cheese Pizza-V
 *BBQ Chicken Pizza

Fresh Cold Deli Station:
 *Make your own Pizza kit
 *Chicken Caesar Salad

Grille Station:
 served with fries and cole slaw
 *Turkey Kielbasa on long Roll
 *Veggie Nuggets-V

Special of the Day:
 *NY Cart Style Chicken with Yellow Rice, lettuce, tomato, Yogurt Sauce and Harissa
 Applesauce/Asst Veggie Cup

15

\$1.75
Friday Only

\$1.75
Friday Only



PA Harvest of the Month Asparagus

Asparagus is a perennial plant, which means it will grow back every year even after being cut? Asparagus is also full of folate, vitamin C and A, and thiamin making it a powerhouse vegetable! For recipes, activities, & book suggestions

[CLICK HERE](#)



SCAN ME



This institution is an equal opportunity provider. Menus are subject to change.

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MONDAY

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*Cheese Pizza-V

Fresh Cold Deli Station:
*Turkey and Cheese Hoagie
*Chicken Caesar Salad

Grille Station:
served with fixing cup and bag of baked chips
*Cheeseburger or Hamburger
*Veggie Burger-V

Special of the Day:
*Chicken Penne Alfredo with garlic toast and Steamed Green Peas

Banana/Broccoli Florets

18

TUESDAY

No School



19

WEDNESDAY

Pizza Station:
*Cheese Pizza-V
*Veggie Pizza-V

Fresh Cold Deli Station:
*Turkey Ham and Cheese on Pretzel Bun
*SALAD BAR-Make your own-V

Grille Station:
*Cheese Enchiladas with Refried Beans and Steamed Yellow Corn-V

Special of the Day:
*Pillsbury Cinnamon Bun with Cheesy Omelette and seasoned home fries-V

Pear Fruit Cup/Cucumbers

20

THURSDAY

Pizza Station:
*Cheese Pizza-V
*Turkey Pepperoni Pizza

Fresh Cold Deli Station:
*Turkey BLT Wrap
*Chicken Tender Salad

Grille Station:
*Panini of the Day with Homemade Soup

Special of the Day:
*Beef Lo Mein with steamed broccoli and fortune cookie

Peach Fruit Cup/Celery Sticks

21

FRIDAY

Pizza Station:
*Cheese Pizza-V
*Buffalo Chicken Pizza

Fresh Cold Deli Station:
*Nacho Kit-V
*Chicken Caesar Salad

Grille Station:
*Breaded Mozzarella Sticks with Marinara dipping cup-V

Special of the Day:
*PA Dutch Chicken and Waffles with Mashed Potatoes & Mixed Veggies

Applesauce/Asst Veggie Cup

22

\$1.75
Friday Only

LAST DAY
\$1.75



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Asparagus is also full of folate, vitamin C and A, and thiamin making it a powerhouse vegetable!

For recipes, activities, & book suggestions

[CLICK HERE](#)



SCAN ME

No School



HAPPY MEMORIAL DAY

25

Pizza Station:
*Cheese Pizza-V
*Turkey Pepperoni Pizza

Fresh Cold Deli Station:
*Turkey and Cheese Hoagie
*Assorted Cereal Kit-V

Grille Station:
served with fixing cup and bag of baked chips
*Spicy Crispy Chicken Sandwich
*Veggie Nuggets with roll-V

Special of the Day:
*Walking Nachos with Fiesta Black Bean Salad

Mixed Fruit Cup/Veggies

26

Pizza Station:
*Cheese Pizza-V
*Veggie Pizza-V

Fresh Cold Deli Station:
*Buffalo Chicken Hoagie
*SALAD BAR-Make your own-V

Grille Station:
*Bosco Sticks with marinara dipping cup-V

Special of the Day:
*Bone-in Crispy Chicken with corn bread and Steamed Asparagus

Pear Fruit Cup/Cucumbers

27

Pizza Station:
*Cheese Pizza-V
*Italian Sausage Pizza

Fresh Cold Deli Station:
*Chicken Salad on Kaiser with lettuce and tomato
*Turkey BLT Salad

Grille Station:
*All Beef Hot Dog on a bun with Baked Beans, and Onion Rings

Special of the Day:
*Macaroni and Cheese steamed mixed vegetables, with a dinner roll-V

Peach Fruit Cup/Celery Sticks

28

Pizza Station:
*Cheese Pizza-V
*BBQ Chicken Pizza

Fresh Cold Deli Station:
*Make your own Pizza kit
*Chicken Caesar Salad

Grille Station:
*Grilled Cheese with Tomato Soup-V

Special of the Day:
*Thai Pho with Ramen and your choice of protein and topping bar

Applesauce/Asst Veggie Cup

29

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