

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

Banana/Broccoli Florets **1**

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 **2**

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 **3**

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 **4**

FRIDAY

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

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

Grille Station:
 *Chef Special

Special of the Day:
 *Chef Special

Applesauce/Asst Veggie Cup **5**

Pizza Station:
 *Cheese Pizza-V

Fresh Cold Deli Station:
 *Assorted Deli Sandwich
 *Assorted Salad

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

Special of the Day:
 *Chef Special

Banana/Broccoli Florets **8**

Pizza Station:
 *Cheese Pizza-V

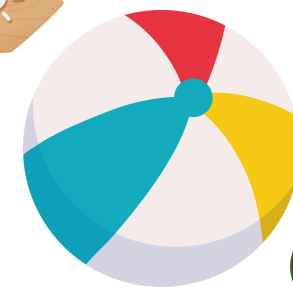
Fresh Cold Deli Station:
 *Assorted Deli Sandwich
 *Assorted Cereal Kit-V

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

Special of the Day:
 *Chef Special

Mixed Fruit Cup/Veggies **9**

Early Dismissal



10

Early Dismissal



11

Early Dismissal



12

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



PA Harvest of the Month Strawberries

Strawberries are the perfect picking fruit in Pennsylvania as they are the first ripen in our area. Did you know, on average a strawberry has 200 seeds covering the outside skin.

For recipes, activities, & book suggestions [CLICK HERE](#)



SCAN ME