

September

ELEMENTARY LUNCH MENU

BRIDGEPORT

Every student can select one *main entree and their choice of fruits and vegetables daily. 1% White Milk and Fat Free Chocolate Milk are also offered with each meal. Entree's labeled with "V" stand for vegetarian

MONDAY

- 1-Chicken Nuggets and Smile Fries
- 2- Cheese Pizza Slice-V
- 3-Warm Pretzel and Cheese Grab and Go-V

Wk1 *Broccoli Florets* *Banana* 31

TUESDAY

- 1-Cheeseburger on bun
- 2-Grilled Cheese with Tomato Soup-V
- 3- Popcorn Chicken Garden Salad with dinner roll

Steamed Green Beans *Mixed Fruit Cup* 1

WEDNESDAY

- 1- Cinnamon Roll with Cheesy Egg Omelette & Hash Browns-
- 2- Cheesy Egg Bites with a Bagel and Hash Browns- V
- 3-Turkey and Cheese Hoagie with Lettuce, Tomato

Cucumber Slices *Pear Fruit Cup* 2

THURSDAY

- 1-Italian Meatball Sub on roll
- 2-Breaded Mozzarella Cheese Sticks with marinara dipping Sauce-V
- 3- Nachos Kit Grab and Go with cheese and salsa cup-V

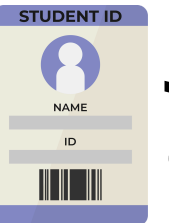
Steamed Broccoli *Peach Fruit Cup* 3

FRIDAY

- 1-Walking Beef Nachos
- 2-Chicken Tenders, French Fries and a roll
- 3- Make Your Own Pizza Grab and Go-V

Celery Sticks *Dried Cherries* 11

SPEED UP THE LINE BY HAVING YOUR ID READY



No School 4



All Bridgeport Students receive lunch at no cost because it is CEP "Community Eligible Provision" School.

Served Daily:

Milk: 1% White, Fat Free White and or Chocolate Milk
-May only choose 1-

Fruit: Apple Slices, applesauce, and Fruit of the Day
-May only choose 2-

Vegetable: Baby Carrots and the Veggie of the Day
-May only choose 2-

Condiments and Dressing are offered if part of the meal

PA Harvest of the Month Bell Peppers

As bell peppers mature, their color changes from green to red and they become sweeter. The green bell pepper is a pepper that has not fully ripened and will not ripen after picking. Paprika is prepared from red bell peppers. Peppers are botanically a fruit, but are recognized in the culinary world as a vegetable

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.



SCAN ME

Any further questions can be directed to Brittany Frazer at bfrazer@umasd.org or 610-205-8804

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

*** HAPPY *
LABOR DAY**

No School 7

- 1-Spaghetti & Meatballs in sauce with a dinner roll
- 2-Cheese Pizza Slice-V
- 3- Warm Pretzel and Cheese Grab and Go-V

Wk3 *Broccoli Florets* *Banana* 14

- 1- Macaroni and Cheese with a dinner roll-V
- 2-Grilled Cheese with Tomato Soup-V
- 3- Chicken Tender Wrap

Steamed Yellow Corn *Mixed Fruit Cup* 8

- 1-Popcorn Chicken and Dutch Waffle
- 2-Grilled Cheese with Tomato Soup-V
- 3- Popcorn Chicken Garden Salad

Brussel Sprouts *Mixed Fruit Cup* 15

- 1-Turkey Taco Meat & Cheese on Tortillas with lettuce and tomato cup
- 2-Grilled Cheese with Tomato Soup-V
- 3- Chicken Tender Wrap

Steamed Yellow Corn *Mixed Fruit Cup* 22



Wk4 21

- 1- Fish Sticks with dinner roll
- 2- Chopped Chef Salad with Egg-V
- 3- Wowbutter&Jelly-V

Sliced Bell Peppers *Pear Fruit Cup* 9

- 1-French Toast Sticks ,Cheese stick, Yogurt & Hash Browns-V
- 2- Cheesy Egg Bites and Hash Browns- V
- 3- Turkey and Cheese Hoagie with Lettuce, Tomato

Cucumber Slices *Pear Fruit Cup* 16

- 1-Beef Teriyaki over brown rice & fortune cookie
- 2- Chopped Chef Salad with Egg-V
- 3- Wowbutter&Jelly-V

Sliced Bell Peppers *Pear Fruit Cup* 23

- 1-Cherry Blossom Chicken brown Rice & fortune cookie
- 2-Breaded Mozzarella Cheese Sticks with marinara dipping Sauce-V
- 3- Turkey Bacon Wrap

Steamed Green Peas *Peach Fruit Cup* 10

- 1-Mini Cheesesteak Sandwich
- 2-Breaded Mozzarella Cheese Sticks with marinara dipping Sauce-V
- 3-Nachos Kit Grab and Go with cheese and salsa cup-V

Sweet Potato Fries *Peach Fruit Cup* 17

- 1-Crispy Chicken Patty Sandwich & pickles
- 2-Breaded Mozzarella Cheese Sticks with marinara dipping Sauce-V
- 3- Turkey Bacon Wrap

Steamed Green Peas *Peach Fruit Cup* 24

- 1-Walking Beef Nachos
- 2-Chicken Tenders, French Fries and a roll
- 3- Make Your Own Pizza Grab and Go-V

Celery Sticks *Dried Cherries* 11

- 1-All Beef Hot Dog with baked beans
- 2-Chicken Tenders, French Fries & roll
- 3- Assorted Cereal, yogurt, cheese Grab and Go-V

Assorted Veggie Cup *Grapes* 18

- 1-Turkey Pepperoni Pizza Slice
- 2-Chicken Tenders, French Fries and roll
- 3- Make Your Own Pizza Grab and Go-V

Celery Sticks *Dried Cherries* 25