



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!*

DID YOU KNOW?

*Students who participate in school
breakfast are more likely to consume
diets that exceed the standards for
important vitamin and mineral intake*

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

SCAN ME

AUGUST/SEPTEMBER ELEMENTARY SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Breakfast Pizza Bagel
Assorted Cereal Bar

Wk1

*Raisins and
100% Fruit Juice* 31

** HAPPY *
LABOR
DAY*

Wk2

**Turkey Sausage and
Cheese Stuffed Croissant
Assorted Cereal Bar

Wk3

*Raisin and
100% Fruit Juice* 14



Wk4

**Egg, Cheese, Turkey Bacon
Croissant
*Strawberry Cream Cheese
Stuffed Mini-Bagels*

*Banana and
100% Fruit Juice* 1

**Mini Donuts
Cinni Mini-Bagels

*Banana and
100% Fruit Juice* 8

**Egg, Cheese, Turkey Bacon
Croissant
Apple Strudel

*Banana and
100% Fruit Juice* 15

**Cinnamon PopTart
Cinni Mini-Bagels

*Banana and
100% Fruit Juice* 22

**Mini Pancakes
*Mango Sweet Heat
Sunflower Seeds and Yogurt*

*Applesauce and
100% Fruit Juice* 2

**Mini Waffles
*Warmed Bagel w/ Cream
Cheese*

*Applesauce and
100% Fruit Juice* 9

**Cheesy Egg Omelet Wrap
*Warmed Croissant-
Marg/Jam*

*Applesauce and
100% Fruit Juice* 16

**Mini French Toast
Chocolate Chip Bites
*Warmed Bagel w/ Cream
Cheese*

*Applesauce and
100% Fruit Juice* 23

**Egg, Cheese, Turkey
Sausage on Bagel
Assorted Muffin

*Orange Slices and
100% Fruit Juice* 3

**Egg, Cheese, Turkey
Sausage
on English Muffin
Assorted Muffin

*Orange Slices and
100% Fruit Juice* 10

**Egg, Cheese, Turkey
Sausage on Bagel
Assorted Muffin

*Orange Slices and
100% Fruit Juice* 17

**Egg, Cheese, Turkey
Sausage on English Muffin
Assorted Muffin*

*Orange Slices and
100% Fruit Juice* 24



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**Egg, Cheese. Turkey Bacon
on Pretzel Roll
*Yogurt and Graham
Cracker*

*Apple Slices and
100% Fruit Juice* 11

**Egg, Cheese. Turkey Bacon
on Pretzel Roll
Assorted Bread Slice

*Craisins and
100% Fruit Juice* 18

**Egg, Cheese. Turkey Bacon
on Pretzel Roll
*Yogurt and Graham
Cracker*

*Apple Slices and
100% Fruit Juice* 25