

September

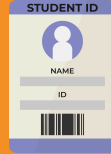
UPPER MERION AREA MIDDLE SCHOOL

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.

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MONDAY

Wk1

Pizza Station:
*Cheese Pizza-V

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

Grille Station:
served with fixing cup
*Cheeseburger or Hamburger
*Veggie Burger-V

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

31

TUESDAY

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

Fresh Cold Deli Station:
*Italian Hoagie
*Sante Fe Salad

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

Special of the Day:
*Perogies with Roasted Peppers & Onions and a dinner roll-V
Mixed Fruit Cup/Bell Peppers

1

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:
*Beef Sloppy Joe on Hamburger Bun and steamed corn

Special of the Day:
*Pillsbury Cinnamon Bun with Cheesy Omelette and seasoned home fries-V
Pear Fruit Cup/Cucumbers

2

THURSDAY

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

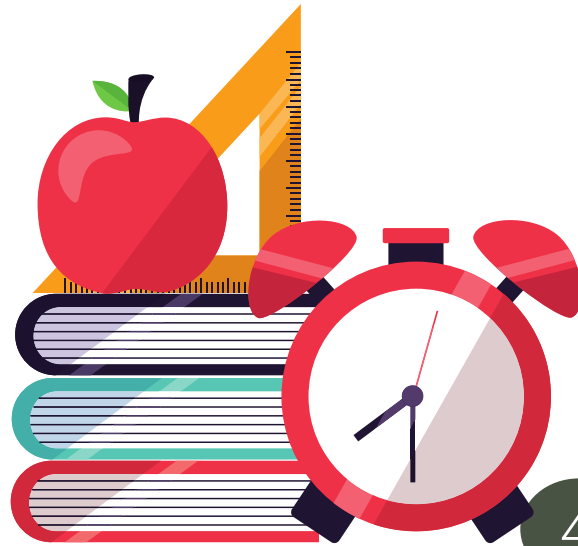
Fresh Cold Deli Station:
*Turkey BLT Wrap
*Chicken Tender Salad

Grille Station:
*Panini of the Day with Homemade Soup

Special of the Day:
*Beef Lo Mein with Broccoli and Fortune Cookie
Peach Fruit Cup/Celery Sticks

3

FRIDAY



4

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

11



SCAN ME

Wk2

*** HAPPY *
LABOR
DAY**

7

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
*Spicy Crispy Chicken Sandwich
*Veggie Nuggets with roll-V

Special of the Day:
*Walking Nachos with Fiesta Black Bean Salad
Mixed Fruit Cup/Bell Peppers

8

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:
*BBQ Chicken with Corn Bread loaf and Steamed Corn
Pear Fruit Cup/Cucumbers

9

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

10



PA Harvest of the Month
Bell Peppers

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September

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

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Condiments and Dressing are offered



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MONDAY

Wk3

Pizza Station:
*Cheese Pizza-V

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

Grille Station:
served with fixing cup
*Cheeseburger or Hamburger
*Veggie Burger-V

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

Banana/Broccoli Florets

14

TUESDAY

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

Fresh Cold Deli Station:
*Italian Hoagie
*Sante Fe Salad

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

15

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:
*Mini Cheesesteak on long roll

Special of the Day:
*Buffalo Chicken Over Waffle Fries with steamed carrots and Garlic Knot

Pear Fruit Cup/Cucumbers

16

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

17

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

18



SCAN ME

Wk4



21

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
*Spicy Crispy Chicken Sandwich
*Veggie Nuggets with roll-V

Special of the Day:
*Top your own Pancakes with turkey sausage and Hash Browns

Mixed Fruit Cup/Bell Peppers

22

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 honey mustard

Special of the Day:
* Honey Sriracha Chicken over Brown Rice, Spring Roll and fortune cookie

Pear Fruit Cup/Cucumbers

23

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

Peach Fruit Cup/Celery Stick

24

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 Keilbasa on Roll with Spicy Aioli
*Veggie Nuggets-V

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

Applesauce/Asst Veggie Cup

25



PA Harvest of the Month Bell Peppers

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

V means vegetarian

Condiments and Dressing are offered



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Free/Reduced-At no cost
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MONDAY

Pizza Station:

*Cheese Pizza-V

Fresh Cold Deli Station:

*Sandwich of the Day

*Cereal Lunch Kit-V

Grille Station:

served with fixing cup

*Cheeseburger or Hamburger

*Veggie Burger-V

Special of the Day:

*Chef's Special

23

TUESDAY



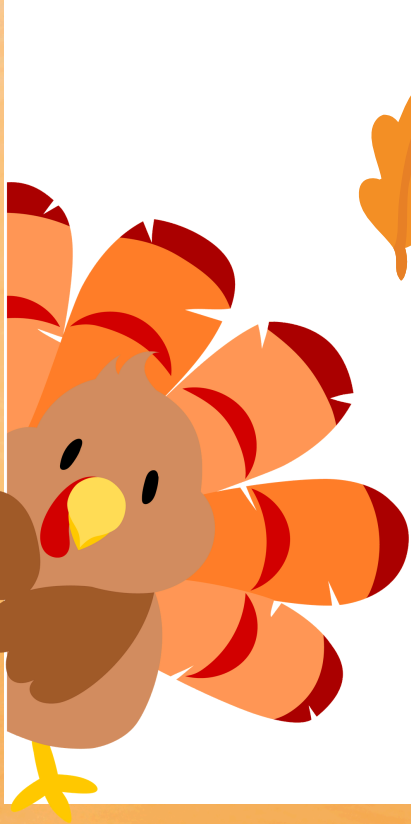
24

WEDNESDAY



25

THURSDAY



26

FRIDAY



27

November

PA Harvest of the Month

Winter Squash

Winter squash includes dozens of varieties of squash that are in the gourd family. The most common varieties are acorn, butternut, delicata, spaghetti, buttercup, and pumpkins. Squashes are known to be high in vitamin C which helps iron absorption in the body.



SCAN ME

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UPPER MERION AREA MIDDLE SCHOOL



PA Harvest of the Month Cabbage

Cabbage is a hardy vegetable that grows in various shades of green and purple. Many vegetables evolved from wild cabbage like broccoli, brussel sprouts and cauliflower. Cabbage is high in vitamin C and K which are great for wound healing.



SCAN ME

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

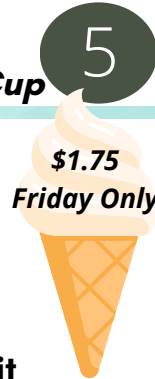
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza Station: *Cheese Pizza-V Fresh Cold Deli Station: *Turkey and Cheese Hoagie *Chicken Caesar Salad Grille Station: served with fixing cup and bag of baked chips *Cheeseburger or Hamburger *Veggie Burger-V Special of the Day: *French Toast Sticks with Turkey Sausages and Hash Browns <i>Banana/Broccoli Florets</i> 1	Pizza Station: *Cheese Pizza-V *Turkey Pepperoni Pizza Fresh Cold Deli Station: *Italian Hoagie *Sante Fe Salad 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 <i>Mixed Fruit Cup/Bell Peppers</i> 2	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: *Mini Cheesesteak on long roll Special of the Day: *Buffalo Chicken Over Waffle Fries with steamed carrots and Garlic Knot <i>Pear Fruit Cup/Cucumbers</i> 3	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 <i>Peach Fruit Cup/Celery Sticks</i> 4	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 with Brussel Spouts Special of the Day: *Indian Butter Chicken with Rice, Naan, and steamed Broccoli <i>Applesauce/Asst Veggie Cup</i> 5
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 <i>Banana/Broccoli Florets</i> 8	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: *Top your own Pancakes with turkey sausage and Hash Browns <i>Mixed Fruit Cup/Bell Peppers</i> 9	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 honey mustard Special of the Day: *Cherry Blossom Chicken over Fried Rice with fortune cookie <i>Pear Fruit Cup/Cucumbers</i> 10	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 <i>Peach Fruit Cup/Celery Stick</i> 11	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 *Fish Sticks *Veggie Nuggets-V Special of the Day: *Thai Pho with Ramen and your choice of protein and topping bar <i>Applesauce/Asst Veggie Cup</i> 12



UPPER MERION AREA MIDDLE SCHOOL

DECEMBER

PA Harvest of the Month Cabbage

Cabbage is a hardy vegetable that grows in various shades of green and purple. Many vegetables evolved from wild cabbage like broccoli, brussel sprouts and cauliflower. Cabbage is high in vitamin C and K which are great for wound healing.



SCAN ME

Served Daily:

Main Entrees: Every student can select one main entree of their choice -May only choose 1-

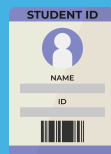
Milk: 1% White, Fat Free White, and or Chocolate Milk -May only choose 1-

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:
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Full Paid- \$3.25

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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
*Cheeseburger or Hamburger
*Veggie Burger-V

Special of the Day:
*Chicken Penne Alfredo with garlic toast and Steamed Green Peas
Banana/Broccoli Florets 15

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:
*Spaghetti and Meatballs with Garlic Toast
 **Hot Cocoa Pudding Cup**
Banana/Broccoli Florets 22

TUESDAY

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

Fresh Cold Deli Station:
*Italian Hoagie
*Sante Fe Salad

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

Special of the Day:
*Perogies with Roasted Peppers & Onions and a dinner roll-V
Mixed Fruit Cup/Bell Peppers 16

Early Dismissal
only breakfast will be served



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 17

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:
*General Tso Chicken over Brown Rice & Chicken Egg Roll
Peach Fruit Cup/Celery Sticks 18

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 19



HAPPY
HOLIDAYS



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UPPER MERION AREA MIDDLE SCHOOL



PA Harvest of the Month
Sweet Potatoes
Are a root vegetable with a sweet flavor similar to yams. They are high in Potassium which is great for your muscles and blood pressure. Avoid putting them in the refrigerator because they prefer dark places and can last for up to 3 weeks in your pantry.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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: *Spaghetti and Meatballs with Garlic Toast <i>Banana/Broccoli Florets</i> 5	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 <i>Mixed Fruit Cup/Bell Peppers</i> 6	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: *NY Cart Style Chicken with Yellow Rice, lettuce, tomato, Yogurt Sauce and or Harissa <i>Pear Fruit Cup/Cucumbers</i> 7	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 <i>Peach Fruit Cup/Celery Sticks</i> 8	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: * BBQ Chicken with Corn Bread loaf, Steamed Corn and Brussel Spouts <i>Applesauce/Asst Veggie Cup</i> 9
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 *Cheeseburger or Hamburger *Veggie Burger-V Special of the Day: *French Toast Sticks with Turkey Sausages and Hash Browns <i>Banana/Broccoli Florets</i> 12	Pizza Station: *Cheese Pizza-V *Turkey Pepperoni Pizza Fresh Cold Deli Station: *Italian Hoagie *Sante Fe Salad 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 <i>Mixed Fruit Cup/Veggies</i> 13	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: *Mini Cheesesteak on long roll Special of the Day: *Buffalo Chicken Over Waffle Fries with steamed carrots and Garlic Knot <i>Pear Fruit Cup/Cucumbers</i> 14	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 <i>Peach Fruit Cup/Celery Sticks</i> 15	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 <i>Applesauce/Asst Veggie Cup</i> 16



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UPPER MERION AREA MIDDLE SCHOOL

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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-

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



No School

19

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:

*Top your own Pancakes with turkey sausage and Hash Browns

Mixed Fruit Cup/Bell Peppers

20

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:

* Cherry Blossom Chicken over Fried Rice with fortune cookie

Pear Fruit Cup/Cucumbers

21

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

22

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:

*Thai Pho with Ramen and your choice of protein and topping bar

Applesauce/Asst Veggie Cup

23

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

*Cheeseburger or Hamburger

*Veggie Burger-V

Special of the Day:

*Chicken Penne Alfredo with garlic toast and Steamed Green Peas

Banana/Broccoli Florets

26

Pizza Station:

*Cheese Pizza-V

*Turkey Pepperoni Pizza

Fresh Cold Deli Station:

*Italian Hoagie

*Sante Fe Salad

Grille Station:

served with fixing cup and fries

*Crispy Chicken Sandwich

*Veggie Nuggets with roll-V

Special of the Day:

*Perogies with Roasted Peppers & Onions and a dinner roll-V

Mixed Fruit Cup/Bell Peppers

27

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

28

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:

*General Tso Chicken over Brown Rice & Chicken Egg Roll

Peach Fruit Cup/Celery Stick

29

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

30

\$1.75
Friday Only

\$1.75
Friday Only

PA Harvest of the Month

Sweet Potatoes

Are a root vegetable with a sweet flavor similar to yams. They are high in Potassium which is great for your muscles and blood pressure. Avoid putting them in the refrigerator because they prefer dark places and can last for up to 3 weeks in your pantry.



SCAN ME

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

UPPER MERION AREA MIDDLE SCHOOL

FEBRUARY

PA Harvest of the Month Mushrooms

Mushrooms are classified as a fungi and contain naturally occurring vitamin D. Over 60% of mushrooms grown are from PA and can be grown year round!

Try some on your pizza or in a veggie quesadilla! For recipes, activities, & book suggestions [CLICK HERE](#)



SCAN ME

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

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MONDAY

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:

*Spaghetti and Meatballs with Garlic Toast

Banana/Broccoli Florets

2

TUESDAY

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/Bell Peppers

3

WEDNESDAY

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:

*NY Cart Style Chicken with Yellow Rice, lettuce, tomato, Yogurt Sauce and or Harissa

Pear Fruit Cup/Cucumbers

4

THURSDAY

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

5

FRIDAY

Pizza Station:

*Cheese Pizza-V

*BBQ Chicken Pizza

Fresh Cold Deli Station:

*Make your own Pizza kit

*Chicken Caesar Salad

Grille Station:

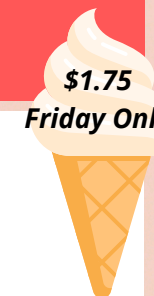
*Grilled Cheese with Tomato Soup-V

Special of the Day:

* BBQ Chicken with Corn Bread loaf, Steamed Corn and Brussel Spouts

Applesauce/Asst Veggie Cup

6



No School

On Feb 11th
Every student who orders a lunch will also receive a Red Velvet Cookie.

12

No School

13

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UPPER MERION AREA MIDDLE SCHOOL

FEBRUARY

PA Harvest of the Month Mushrooms

Mushrooms are classified as a fungi and contain naturally occurring vitamin D. Over 60% of mushrooms grown are from PA and can be grown year round!

Try some on your pizza or in a veggie quesadilla! For recipes, activities, & book suggestions [CLICK HERE](#)



SCAN ME

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

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MONDAY

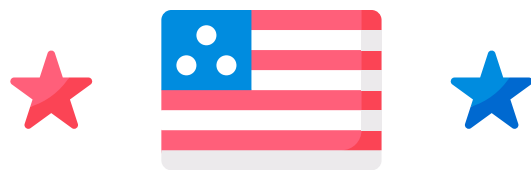
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

No School



**PRESIDENT'S
— DAY —**

16

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

*Cheeseburger or Hamburger

*Veggie Burger-V

Special of the Day:

*Chicken Penne Alfredo with garlic toast
and Steamed Green Peas

Banana/Broccoli Florets

23

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:

*Top your own Pancakes with turkey
sausage and Hash Browns

Mixed Fruit Cup/Bell Peppers

17

Pizza Station:

*Cheese Pizza-V

*Turkey Pepperoni Pizza

Fresh Cold Deli Station:

*Italian Hoagie

*Sante Fe Salad

Grille Station:

served with fixing cup and fries

*Crispy Chicken Sandwich

*Veggie Nuggets with roll-V

Special of the Day:

*Perogies with Roasted
Peppers & Onions and a
dinner roll-V

Mixed Fruit Cup/Bell Peppers

24

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

18

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

25

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

19

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 Stick

26

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:

*Thai Pho with Ramen and your choice of
protein and topping bar

Applesauce/Asst Veggie Cup

20

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

27



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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

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MONDAY

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:
*Spaghetti and Meatballs with Garlic Toast

Banana/Broccoli Florets

2

TUESDAY

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/Bell Peppers

3

WEDNESDAY

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:
*NY Cart Style Chicken with Yellow Rice, lettuce, tomato, Yogurt Sauce and or Harissa

Pear Fruit Cup/Cucumbers

4

THURSDAY

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

5

FRIDAY

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:
*Crispy Baked Chicken with Corn Bread loaf, Steamed Corn and Brussel Spouts

Strawberries/Asst Veggie Cup

6

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

9

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

Fresh Cold Deli Station:
*Italian Hoagie
*Sante Fe Salad

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/Veggies

10

Early Dismissal

11

Early Dismissal

12

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

Strawberries/Asst Veggie Cup

13



PA Harvest of the Month Dairy

The average dairy cow produces over 100 glasses of milk per day, about 8 gallons, which are delivered from the farm to your grocery store in as little as 48 hours. For recipes, activities, & book suggestions [CLICK HERE](#)



SCAN ME

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



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

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MONDAY

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

16

TUESDAY

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

Kiwi Strawberry

Water Ice

Mixed Fruit Cup/Bell Peppers

17

WEDNESDAY

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

18

THURSDAY

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

19

FRIDAY

No School



20

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

Strawberries/Asst Veggie Cup

27

PA Harvest of the Month Dairy

The average dairy cow produces over 100 glasses of milk per day, about 8 gallons, which are delivered from the farm to your grocery store in as little as 48 hours. For recipes, activities, & book suggestions [CLICK HERE](#)



SCAN ME

\$1.75
Friday Only



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HELLO

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

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

\$1.75
Friday Only



PA Harvest of the Month Leafy Greens

Leafy Greens like kale, swiss chard, and different lettuces are grown mainly in the ground but also in hydroponics aka water beds. These help to extend their availability beyond their traditional season
For recipes, activities, & book suggestions
[CLICK HERE](#)



SCAN ME

Pizza Station:
*Cheese Pizza-V

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

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

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

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

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

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

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

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

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

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

\$1.75
Friday Only

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UPPER MERION AREA MIDDLE SCHOOL

Served Daily:
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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

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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
*Cheeseburger or Hamburger
*Veggie Burger-V

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

Banana/Broccoli Florets

20

TUESDAY

PSSA TESTING
Please order in advance-

Lunch Options:
1.Bosco Sticks-V
or
2. Italian hoagie

All Lunches come with:
Apple Slices and Juice
Broccoli and Cauliflower

Brookie (Brownie Crookie)

21

WEDNESDAY

PSSA TESTING
Please order in advance-

Lunch Options:
1.French Bread Pizza-V
or
2. Chicken Caesar Salad

All Lunches come with:
Applesauce and Juice
Cucumbers

Rice Krispie Treat

22

THURSDAY

PSSA TESTING
Please order in advance-

Lunch Options:
1. Grilled Cheese-V
or
2.Make Your Own Pizza Kit

All Lunches come with:
Peach Cup and Juice
Baby Carrots

Cheddar Goldfish Crackers

23

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

\$1.75
Friday Only

24

PA Harvest of the Month
Leafy Greens

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For recipes, activities, & book suggestions
CLICK HERE



SCAN ME

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:
*Spaghetti and Meatballs with Garlic Toast

Banana/Broccoli Florets

27

PSSA TESTING
Please order in advance-

Lunch Options:
1.Bosco Sticks-V
or
2.Chicken Tender Salad

All Lunches come with:
Apple Slices and Juice
Broccoli and Cauliflower

Fruit Snacks

28

PSSA TESTING
Please order in advance-

Lunch Options:
1.Deep Dish Pizza
or
2.Turkey and Cheese Hoagie

All Lunches come with:
Applesauce and Juice
Baby Carrots

Baked Chips

29

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 Stick

30

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

Mr. Slavin's CHOICE

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

Applesauce/Asst Veggie Cup

\$1.75
Friday Only

1

UPPER MERION AREA MIDDLE SCHOOL



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

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

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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

4

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

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

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

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

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

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

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

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

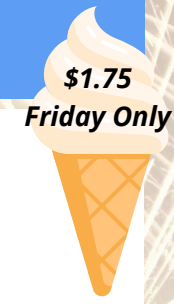
Pizza Station:
*Cheese Pizza-V
*BBQ Chicken Pizza

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



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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
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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

*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

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

\$1.75
Friday Only

LAST DAY
\$1.75



PA Harvest of the Month Asparagus

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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

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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

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UPPER MERION AREA MIDDLE SCHOOL

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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
***Cheeseburger or Hamburger**
***Veggie Burger-V**

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

Banana/Broccoli Florets

1

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

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

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

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

Early Dismissal



10

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

Early Dismissal



11

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

Early Dismissal



12

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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