



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 MIDDLE SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Breakfast Pizza Bagel*
**Assorted Cereal Bars*

Wk1 Raisin and 100% Fruit Juice 31

HAPPY
LABOR DAY

Wk2 7

**Turkey Sausage and Cheese Stuffed Croissant*
**Assorted Cereal Bar*

Wk3 Raisin and 100% Fruit Juice 14



Wk4 21

**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 PopTarts*
**Cinni Mini-Bagels*

Banana and 100% Fruit Juice 22

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

~Strawberry Yogurt Chex Mix~

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*

Apple Slices, Mixzees 100% Fruit Juice 18

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

Apple Slices and 100% Fruit Juice 25