

UPPER MERION AREA HIGH 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, 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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Wk1

Pizza Station:

*Cheese Pizza-V

Fresh Cold Deli Station:

*Turkey and Cheese Hoagie

*Triple Decker PBJ-V

Grille Station:

served with fixing cup and bag of baked chips

*Cheeseburger or Hamburger

*Veggie Burger-V

Special of the Day:

*Walking Nachos with Fiesta

Black Bean Salad

Melting Pot:

*Spaghetti and Meatballs
with Garlic Toast

31

Pizza Station:

*Cheese Pizza-V

*Turkey Pepperoni Pizza

Fresh Cold Deli Station:

*Italian Hoagie

*Chicken Caesar Salad

Grille Station:

served with a fixing cup and french fries

*Spicy or Plain Crispy Chicken Sandwich

*Veggie Nuggets with roll-V

Special of the Day:

*Cheesesteak on long roll with french
fries

Melting Pot:

*Crispy Chicken with Corn Bread and
Brussels Sprouts

1

Pizza Station:

*Cheese Pizza-V

*Hawaiian Pizza

Fresh Cold Deli Station:

*Turkey BLT Wrap

*Sante Fe Salad

Grille Station:

*Breaded Mozzarella Sticks with
marinara dipping cup-V

Special of the Day:

*Chicken Cacciatore over Pasta with
Brussels Sprouts

Melting Pot:

*Chicken Tamales with Cheese, Salsa
Verde, Refried Beans, & Corn
Cheese Enchiladas-V

2

Pizza Station:

*Cheese Pizza-V

*Italian Sausage Crumble Pizza

Fresh Cold Deli Station:

*Buffalo Chicken Hoagie

*Chicken Caesar Salad

Grille Station:

*Grilled Cheese
with Tomato Soup-V

Melting Pot and Special of Day:

*French Toast Sticks with Turkey
Sausage, Bacon, & Hash Browns

3



4

Wk2

*** HAPPY ***
LABOR
DAY

7

Pizza Station:

*Cheese Pizza-V

*Turkey Pepperoni Pizza

Fresh Cold Deli Station:

*Turkey and Cheese Wrap

*Chicken Caesar Salad

Grille Station:

served with fixing cup and French fries

*Spicy or Plain Crispy Chicken Sandwich

*Veggie Nuggets with roll-V

Melting Pot

*Pepper Jack Chicken Panini with Pesto
Minestrone Vegetable Soup

Special of the Day:

*Open-Faced Turkey Sandwich with
Mashed Potatoes and Gravy

8

Pizza Station:

*Cheese Pizza-V

*Veggie Pizza-V

Fresh Cold Deli Station:

*Chicken Salad on Kaiser

*Chicken Tender Salad

Grille Station:

*Bosco Bread Sticks with Marinara
dipping cup-V

Special of the Day:

*Homemade Italian Stromboli w/
Steamed Veggies and Side Salad

Melting Pot:

*NY Cart Style Chicken with Yellow Rice,
Lettuce, Tomato, Yogurt Sauce
and or Harissa

9

Pizza Station:

*Cheese Pizza-V

*Italian Sausage Crumble Pizza

Fresh Cold Deli Station:

*Turkey BLT Club Sandwich

*Chicken Caesar Salad

Grille Station:

*Pepperoni and Cheese Calzone with
Marinara Dipping Sauce

Special of the Day:

*Macaroni and Cheese with a roll &
steamed mixed vegetables-V

Melting Pot:

*Honey Sriracha Chicken over Rice with
Oriental Vegetables &
Spring Roll

10

Pizza Station:

*Cheese Pizza-V

*Buffalo Chicken Pizza

Fresh Cold Deli Station:

*Chopped Chef Salad with Hard-Boiled
Egg-V

*Assorted Cereal Kit-V

Grille Station:

*All Beef Hot Dog(s) on a bun with Baked
Beans, & Onion Rings

Special of the Day:

*Meatball Parm Sub served with a side
salad

Melting Pot:

*Lemon Butter Chicken over pasta served
with Asparagus

11

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

September



SCAN ME

PA Harvest of the Month
Bell Peppers



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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Wk3

Pizza Station:

*Cheese Pizza-V

Fresh Cold Deli Station:

*Turkey and Cheese Hoagie

*Triple Decker PBJ-V

Grille Station:

served with fixing cup and bag of baked chips

*Cheeseburger or Hamburger

*Veggie Burger-V

Special of the Day:

*Buffalo Chicken over Waffle Fries and chipped green onions

Melting Pot:

*Popcorn Chicken Bowl with Cornbread loaf

14

Pizza Station:

*Cheese Pizza-V

*Turkey Pepperoni Pizza

Fresh Cold Deli Station:

*Italian Hoagie

*Chicken Caesar Salad

Grille Station:

served with a fixing cup and french fries

*Spicy or Plain Crispy Chicken Sandwich

*Veggie Nuggets with roll-V

Special of the Day:

*Pasta Bar- Pick you own pasta, sauce, and protein with garlic bread-V

Melting Pot:

*Chicken Chipotle Bowl

15

Pizza Station:

*Cheese Pizza-V

*Hawaiian Pizza

Fresh Cold Deli Station:

*Turkey BLT Wrap

*Sante Fe Salad

Grille Station:

*Breaded Mozzarella Sticks with marinara dipping cup-V

Special of the Day:

*StateFair Turkey Corndog with BBQ Baked Beans

Melting Pot:

*Indian Butter Chicken over Rice served with Pita and Broccoli

16

Pizza Station:

*Cheese Pizza-V

*Italian Sausage Crumble Pizza

Fresh Cold Deli Station:

*Buffalo Chicken Hoagie

*Chicken Caesar Salad

Grille Station:

*Grilled Cheese with Tomato Soup-V

Special of the Day:

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

Melting Pot:

*Beef Lo Mein with Broccoli and Oriental Mixed Vegetables

17

Pizza Station:

*Cheese Pizza-V

*BBQ Chicken Pizza

Fresh Cold Deli Station:

*Chopped Turkey and Bacon Salad

*Nacho Kit-V

Grille Station:

*Chicken Tender Basket with fries and dinner roll

Melting Pot and Special of Day:

*Pancakes with Turkey Sausage and Hashbrowns with a topping bar

18

Wk4



21

Pizza Station:

*Cheese Pizza-V

*Turkey Pepperoni Pizza

Fresh Cold Deli Station:

*Turkey and Cheese Wrap

*Chicken Caesar Salad

Grille Station:

served with a fixing cup and French fries

*Spicy or Plain Crispy Chicken Sandwich

*Veggie Nuggets with roll-V

Special of the Day:

*Bang Bang Crispy Fish or Chicken Tacos with a Topping Bar!

Melting Pot:

*Beef Sloppy Joe on bun with steamed carrots

22

Pizza Station:

*Cheese Pizza-V

*Veggie Pizza-V

Fresh Cold Deli Station:

*Egg Salad on Kaiser-V

*Chicken Tender Salad

Grille Station:

*Bosco Bread Sticks with Marinara dipping cup-V

Special of the Day:

*General Tso Chicken over Rice with Oriental Vegetables & Spring Roll

Melting Pot:

*Chicken Alfredo with Broccoli and Garlic Toast

23

Pizza Station:

*Cheese Pizza-V

*Italian Sausage Crumble Pizza

Fresh Cold Deli Station:

*Turkey BLT Club Sandwich

*Chicken Caesar Salad

Grille Station:

*Pepperoni and Cheese Calzone with Marinara Dipping Sauce

Special of the Day:

*Custard Toast topped with seasonal fruit and Cheesy Egg Bites-V

Melting Pot:

*Thai Pho with Ramen and choice of protein and topping bar-V

24

Pizza Station:

*Cheese Pizza-V

*Buffalo Chicken Pizza

Fresh Cold Deli Station:

*Crispy Chicken Pasta Bowl

*Assorted Cereal Kit-V

Grille Station:

*All Beef Hot Dog(s) on a bun with Baked Beans, & Onion Rings

Special of the Day:

*Lasagna roll up with tomato sauce and garlic toast-V

Melting Pot:

*Crispy Chicken drumstick over powdered sugar Dutch Waffle

25



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 Bell Peppers



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