



AUGUST/SEPTEMBER HIGH SCHOOL Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**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 milk to make a fully
reimbursable breakfast!
Available Every day is :
A selection of assorted fresh fruit and
100% fruit juice
&
your choice of FF white milk, 1% white
milk, FF chocolate milk daily

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.



SCAN ME

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

**Turkey Sausage and
Cheese Stuffed Croissant*
**Early Riser Hashbrowns*
**Warmed Dutch Waffle*
** Assorted Cereal*

Wk1

31

**Egg, Cheese, Turkey Bacon
Croissant*
** Strawberry Cream Cheese
Stuffed Mini-Bagels*
** Assorted Breakfast Breads*
** Assorted Cereal*

1

**Apple Cinnamon French
Toast with Cheese Stick*
** Assorted Breakfast Bars*
** Assorted Cereal*

2

**Egg, Cheese, Turkey
Sausage on Bagel*
**Strawberry and Blueberry
Yogurt Bark with Granola*
** Assorted Muffins*
** Assorted Cereal*

3



4

** HAPPY **
**LABOR
DAY**

Wk2

7

** Assorted Donuts*
** Cinni Mini-Bagels*
** Assorted Breakfast Breads*
** Assorted Cereal*

8

**Mini Waffles*
** Assorted Breakfast Bars*
** Assorted Cereal*

9

**Egg, Cheese, Turkey
Sausage on English Muffin*
** Warmed Croissant-
Marg/Jam*
** Assorted Muffins*
** Assorted Cereal*

10

** Egg, Cheese. Turkey Bacon
on Pretzel Roll*
** Three Cheese Egg bites
with a bagel*
**Cranberry Chocolate Chip
Overnight Oats*
** Assorted Cereal*

11

**Breakfast Pizza Bagel*
**Avocado Toast with Hard-
boiled Egg*
**NutriGrain Bar with Cheese
stick and yogurt*
** Assorted Cereal*

Wk3

14

**Egg, Cheese, Turkey Bacon
Croissant*
**Apple Strudel*
** Assorted Breakfast Breads*
** Assorted Cereal*

15

**Maple Waffle Panini with
Turkey Sausage, Egg, and
Cheese*
** Assorted Breakfast Bars*
** Assorted Cereal*

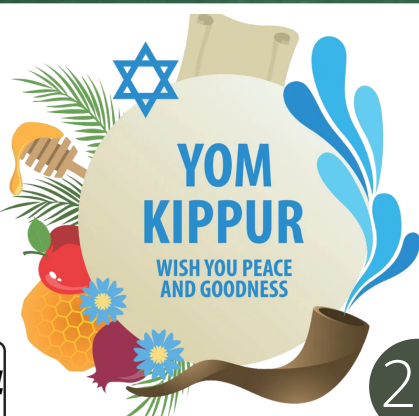
16

**Egg, Cheese, Turkey
Sausage on Bagel*
**Chocolate Crescent Roll*
** Assorted Muffins*
** Assorted Cereal*

17

**Egg, Cheese. Turkey Bacon
on Pretzel Roll*
**Wowbutter and Jelly
Uncrustable*
**Make Your Own Yogurt
Parfait*
** Assorted Cereal*

18



Wk4

21

** Assorted Poptart*
** Cinni Mini-Bagels*
** Assorted Breakfast Breads*
** Assorted Cereal*

22

**Cowboy Breakfast Skillet
with toast*
**Mini Waffles*
** Assorted Breakfast Bars*
** Assorted Cereal*

23

**Egg, Cheese, Turkey
Sausage
on English Muffin*
** Warmed Croissant-
Marg/Jam*
** Assorted Muffins*
** Assorted Cereal*

24

** Egg, Cheese. Turkey Bacon
on Pretzel Roll*
**Three Cheese Egg bites with
a bagel*
**Strawberry Banana
Smoothie with granola*
** Assorted Cereal*

25