

September

UPPER MERION VANTAGE ACADEMY

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: Assorted Fruit of the Day, can be fresh, dried, canned, 100% juice -May only choose 2-
Vegetable: Assorted Veggie of the Day -May only choose 2-

V means vegetarian

Condiments and dressings are offered

All Vantage Students receive
lunch at no cost because it is a
CEP "Community Eligible
Provision" School.

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:

*Spaghetti and Meatballs
with Garlic Toast

Banana & Apple Slices
Broccoli Florets & Carrots

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

*Spicy or Plain Crispy Chicken Sandwich

*Veggie Nuggets with roll-V

Special of the Day:

*Cheesesteak on long roll

Mixed Fruit Cup & 100% Juice
Bell Peppers & Fries

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

Pear Fruit Cup & Apple Slices
Cucumbers & Carrots

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

Special of the Day:

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

Peach Fruit Cup % 100% Juice
Celery Sticks & Hummus

3

Order on Thursday!!

Fresh Cold Deli Station:

*Wowbutter and Jelly Sandwich with a
cheese stick-V

* Nacho Kit includes chips, salsa, cheese
cup-V

*Assorted Cereal Kit includes cereal cup,
graham snack, yogurt, and cheese stick

Applesauce & Assorted Fruit
Asst Veggie & Carrots

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

Special of the Day:

*Open-Faced Turkey Sandwich with
Mashed Potatoes and Gravy

Mixed Fruit Cup & 100% Juice
Bell Peppers & Fries

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:

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

Pear Fruit Cup & Apple Slices
Cucumbers & Carrots

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

Peach Fruit Cup % 100% Juice
Celery Sticks & Hummus

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:

*Lemon Butter Chicken over pasta served
with Asparagus

Applesauce & Assorted Fruit
Asst Veggie & Carrots

11



SCAN ME

PA Harvest of the Month
Bell Peppers



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

UPPER MERION VANTAGE ACADEMY

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: Assorted Fruit of the Day, can be fresh, dried, canned, 100% juice -May only choose 2-
Vegetable: Assorted Veggie of the Day -May only choose 2-

V means vegetarian

Condiments and dressings are offered

All Vantage Students receive lunch at no cost because it is a CEP "Community Eligible Provision" School.

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

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

*Bacon Cheeseburger or Hamburger

*Veggie Burger-V

Special of the Day:

*Popcorn Chicken Bowl with Cornbread loaf

**Banana & Apple Slices
Broccoli Florets & Carrots**

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

*Spicy or Plain Crispy Chicken Sandwich

*Veggie Nuggets with roll-V

Special of the Day:

*Chicken Chipotle Bowl

**Mixed Fruit Cup & 100% Juice
Bell Peppers & Fries**

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

**Pear Fruit Cup & Apple Slices
Cucumbers & Carrots**

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:

*Beef Lo Mein with Broccoli

**Peach Fruit Cup % 100% Juice
Celery Sticks & Hummus**

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 the Day:

*Pancakes with Turkey Sausage and Hashbrowns

**Applesauce & Assorted Fruit
Asst Veggie & Carrots**

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

*Spicy or Plain Crispy Chicken Sandwich

*Veggie Nuggets with roll-V

Special of the Day:

*Beef Sloppy Joe on bun with steamed carrots

**Mixed Fruit Cup & 100% Juice
Bell Peppers & Fries**

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

**Pear Fruit Cup & Apple Slices
Cucumbers & Carrots**

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

**Peach Fruit Cup % 100% Juice
Celery Sticks & Hummus**

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

**Applesauce & Assorted Fruit
Asst Veggie & Carrots**

25



SCAN ME

PA Harvest of the Month
Bell Peppers



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