

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.

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



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**

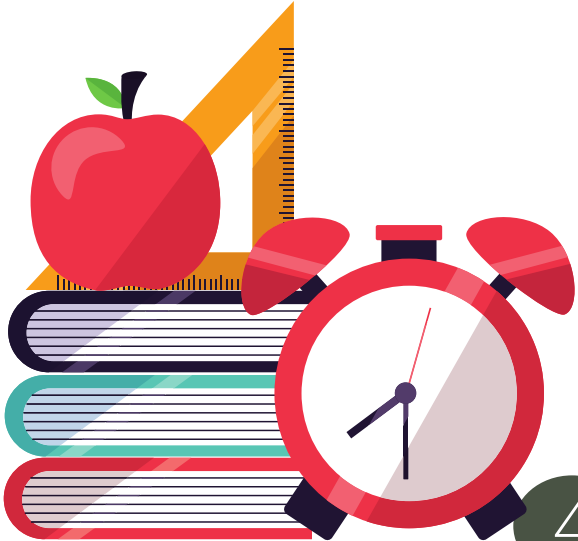
Fresh Cold Deli Station:
***Turkey BLT Wrap**
***Chicken Tender Salad**

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

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

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

**\$1.75
Friday Only**



SCAN ME



**PA Harvest of the Month
Bell Peppers**

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

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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



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



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Bell Peppers

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