

SEPTEMBER

PA Harvest of the Month

Apples
Pennsylvania produces 400 to 500 million pounds of apples per year and ranks fourth in the nation for apple production.



SCAN ME

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

28

Wk2

Pizza Station:

*Cheese Pizza-V

Fresh Cold Deli Station:

*Italian Hoagie

*Chicken Caesar Salad

Grille Station:

served with fixing cup and fries

*UM Big Mac

*Veggie Burger-V

Special of the Day:

*Spaghetti and Meatballs with Garlic Toast

Banana/Broccoli Florets

5

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

29

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

6

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

30

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

7

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

1

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

8

FRIDAY

Pizza Station:

*Cheese Pizza-V

*Buffalo Chicken Pizza

Fresh Cold Deli Station:

*Nacho Kit-V

*Chicken Caesar Salad

Grille Station:

*Breaded Mozzarella Sticks with Marinara dipping cup-V

Special of the Day:

*NY Cart Style Chicken with Yellow Rice, lettuce, tomato, Yogurt Sauce

and or Harissa Applesauce/Asst Veggie Cup

2

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

9

\$1.75

Friday Only

\$1.75

Friday Only

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

UPPER MERION AREA MIDDLE SCHOOL



★ OCT 12TH-16TH ★ 2026
Kettle Corn Chickpeas to be served everyday

OCTOBER



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MONDAY

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

12

Wk4

Pizza Station:
*Cheese Pizza-V

Fresh Cold Deli Station:
*Italian Hoagie
*Chicken Caesar Salad

Grille Station:
served with fixing cup and fries
*UM Big Mac
*Veggie Burger-V

Special of the Day:
*Tortellini with Red Sauce-V
or with Meatsauce
served with steamed green beans and garlic toast

Banana/Broccoli Florets

19

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

13

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

20

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

Cinnamon Carnival CHURRO!!

Pear Fruit Cup/Cucumbers

14

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

21

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

15

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
shredded lettuce, salsa, cheese

Peach Fruit Cup/Celery Stick

22

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

16

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

23



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