

OCTOBER

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 choice of fat-free or 1% milk to make a fully reimbursable breakfast!*

DID YOU KNOW?

Students who eat breakfast every morning have more energy to complete physical activities and excel in sports! Power up with a whole-grain-rich breakfast!

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*

MIDDLE SCHOOL		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Wk1	28	*Breakfast Pizza Bagel *Assorted Cereal Bars	*Egg, Cheese, Turkey Bacon Croissant *Strawberry Cream Cheese Stuffed Mini-Bagels	*Mini Pancakes *Mango Sweet Heat Sunflower Seeds and Yogurt ~Strawberry Yogurt Chex Mix~	*Egg, Cheese, Turkey Sausage on Bagel *Assorted Muffin	*Egg, Cheese. Turkey Bacon on Pretzel Roll *Assorted Bread Slice
		Raisin and 100% Fruit Juice	Banana and 100% Fruit Juice	Applesauce and 100% Fruit Juice	Orange Slices and 100% Fruit Juice 1	Apple Slices, Mixzees 100% Fruit Juice 2
		*Apple Cinnamon Texas Toast French Toast *Assorted Cereal Bar	*Egg, Cheese, Turkey Bacon Croissant *Cinni Mini-Bagels	*Mini Waffles *Warmed Bagel w/ Cream Cheese	*Egg, Cheese, Turkey Sausage on English Muffin *Assorted Muffin	*Egg, Cheese. Turkey Bacon on Pretzel Roll *Yogurt and Graham Cracker
		Raisin and 100% Fruit Juice 5	Banana and 100% Fruit Juice 6	Applesauce and 100% Fruit Juice 7	Orange Slices and 100% Fruit Juice 8	Apple Slices and 100% Fruit Juice 9
Wk2	12	*Turkey Sausage and Cheese Stuffed Croissant *Assorted Cereal Bar	*Egg, Cheese, Turkey Bacon Croissant *Apple Strudel	*Cheesy Egg Omelet Wrap *Warmed Croissant-Marg/Jam	*Egg, Cheese, Turkey Sausage on Bagel *Assorted Muffin	*Egg, Cheese. Turkey Bacon on Pretzel Roll *Assorted Bread Slice
		Raisin and 100% Fruit Juice	Banana and 100% Fruit Juice	Applesauce and 100% Fruit Juice	Orange Slices and 100% Fruit Juice 15	Apple Slices, Mixzees 100% Fruit Juice 16
		*EarlyRisers Cheesy Egg Stuffed Hash Browns *Assorted Cereal Bar	*Egg, Cheese, Turkey Bacon Croissant *Cinni Mini-Bagels	*Mini French Toast Chocolate Chip Bites *Warmed Bagel w/ Cream Cheese	*Egg, Cheese, Turkey Sausage on English Muffin *Assorted Muffin	*Egg, Cheese. Turkey Bacon on Pretzel Roll *Yogurt and Graham Cracker
		Raisin and 100% Fruit Juice	Banana and 100% Fruit Juice	Applesauce and 100% Fruit Juice	Orange Slices and 100% Fruit Juice 22	Apple Slices and 100% Fruit Juice 23
Wk3	19					
Wk4	20					



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MIDDLE SCHOOL

MONDAY

**Breakfast Pizza Bagel
* Assorted Cereal Bars*

Wk1 *Raisin and
100% Fruit Juice* **26**

TUESDAY

**Egg, Cheese, Turkey Bacon
Croissant
*Strawberry Cream Cheese
Stuffed Mini-Bagels*

*Banana and
100% Fruit Juice* **27**

WEDNESDAY

**Mini Pancakes
*Mango Sweet Heat
Sunflower Seeds and Yogurt

~Strawberry Yogurt Chex Mix~*

*Applesauce and
100% Fruit Juice* **28**

THURSDAY

**Egg, Cheese, Turkey
Sausage on Bagel
Assorted Muffin

*Orange Slices and
100% Fruit Juice* **29**

FRIDAY

**Egg, Cheese. Turkey Bacon
on Pretzel Roll
Assorted Bread Slice

*Apple Slices, Mixzees
100% Fruit Juice* **30**