

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 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 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*

HIGH SCHOOL				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>*Turkey Sausage and Cheese Stuffed Croissant</i> <i>*Early Riser Hashbrowns</i> <i>*Warmed Dutch Waffle</i> <i>*Assorted Cereal</i> Wk1 28	<i>*Egg, Cheese, Turkey Bacon Croissant</i> <i>*Strawberry Cream Cheese Stuffed Mini-Bagels</i> <i>*Assorted Breakfast Breads</i> <i>*Assorted Cereal</i> 29	<i>*Apple Cinnamon French Toast with Cheese Stick</i> <i>*Assorted Breakfast Bars</i> <i>*Assorted Cereal</i> 30	<i>*Egg, Cheese, Turkey Sausage on Bagel</i> <i>*Strawberry and Blueberry Yogurt Bark with Granola</i> <i>*Assorted Muffins</i> <i>*Assorted Cereal</i> 1	<i>*Egg, Cheese. Turkey Bacon on Pretzel Roll</i> <i>*Wowbutter and Jelly Uncrustable</i> <i>*Make Your Own Yogurt Parfait</i> <i>*Assorted Cereal</i> 2
<i>*Hot Honey Crispy Chicken Biscuit</i> <i>*Mini Pancakes</i> <i>*Lemon Blueberry ZeeZee Bar</i> <i>*Assorted Cereal</i> Wk2 5	<i>*Egg, Cheese, Turkey Bacon Croissant</i> <i>*Cinni Mini-Bagels</i> <i>*Assorted Breakfast Breads</i> <i>*Assorted Cereal</i> 6	<i>*Mini Waffles</i> <i>*Assorted Breakfast Bars</i> <i>*Assorted Cereal</i> 7	<i>*Egg, Cheese, Turkey Sausage on English Muffin</i> <i>*Warmed Croissant-Marg/Jam</i> <i>*Assorted Muffins</i> <i>*Assorted Cereal</i> 8	<i>*Egg, Cheese. Turkey Bacon on Pretzel Roll</i> <i>*Three Cheese Egg bites with a bagel</i> <i>*Cranberry Chocolate Chip Overnight Oats</i> <i>*Assorted Cereal</i> 9
<i>*Breakfast Pizza Bagel</i> <i>*Avocado Toast with Hard-boiled Egg</i> <i>*NutriGrain Bar with Cheese stick and yogurt</i> <i>*Assorted Cereal</i> Wk3 12	<i>*Egg, Cheese, Turkey Bacon Croissant</i> <i>*Apple Strudel</i> <i>*Assorted Breakfast Breads</i> <i>*Assorted Cereal</i> 13	<i>*Maple Waffle Panini with Turkey Sausage, Egg, and Cheese</i> <i>*Assorted Breakfast Bars</i> <i>*Assorted Cereal</i> 14	<i>*Egg, Cheese, Turkey Sausage on Bagel</i> <i>*Chocolate Crescent Roll</i> <i>*Assorted Muffins</i> <i>*Assorted Cereal</i> 15	<i>*Egg, Cheese. Turkey Bacon on Pretzel Roll</i> <i>*Wowbutter and Jelly Uncrustable</i> <i>*Make Your Own Yogurt Parfait</i> <i>*Assorted Cereal</i> 16
<i>*Hot Honey Crispy Chicken Biscuit</i> <i>*Mini Pancakes</i> <i>*Mini Donuts</i> <i>*Assorted Cereal</i> Wk4 19	<i>*Egg, Cheese, Turkey Bacon Croissant</i> <i>*Cinni Mini-Bagels</i> <i>*Assorted Breakfast Breads</i> <i>*Assorted Cereal</i> 20	<i>*Cowboy Breakfast Skillet with toast</i> <i>*Assorted Breakfast Bars</i> <i>*Assorted Cereal</i> 21	<i>*Egg, Cheese, Turkey Sausage on English Muffin</i> <i>*Warmed Croissant-Marg/Jam</i> <i>*Assorted Muffins</i> <i>*Assorted Cereal</i> 22	<i>*Egg, Cheese. Turkey Bacon on Pretzel Roll</i> <i>*Three Cheese Egg bites with a bagel</i> <i>*Strawberry Banana Smoothie with granola</i> <i>*Assorted Cereal</i> 23



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HIGH SCHOOL

MONDAY

- *Early Riser Hashbrowns*
- * Warmed Dutch Waffle*
- * Assorted Cereal*

Wk1

26

TUESDAY

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

27

WEDNESDAY

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

28

THURSDAY

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

29

FRIDAY

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

30