

UPPER MERION AREA HIGH 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, 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

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:

*Walking Nachos with Fiesta Black Bean Salad

Melting Pot:

*Spaghetti and Meatballs with Garlic Toast

28

Pizza Station:

*Cheese Pizza-V

*Turkey Pepperoni Pizza

Fresh Cold Deli Station:

*Italian Hoagie

*Chicken Caesar Salad

Grille Station:

served with a fixing cup and french fries

*Spicy or Plain Crispy Chicken Sandwich

*Veggie Nuggets with roll-V

Special of the Day:

*Cheesesteak on long roll with french fries

Melting Pot:

*Crispy Chicken with Corn Bread and Brussels Sprouts

29

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 Tamales with Cheese, Salsa Verde, Refried Beans, & Corn Cheese Enchiladas-V

Melting Pot:

*Chicken Cacciatore over Pasta

30

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

Melting Pot and Special of Day:

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

1

Pizza Station:

*Cheese Pizza-V

*BBQ Chicken Pizza

Fresh Cold Deli Station:

*Summer Corn and Blueberry Salad

*Nacho Kit-V

Grille Station:

*Turkey Keilbasa on long roll with fries and Spicy Aioli

Special of the Day:

*Beef Burrito, Lettuce/Tomato, Salsa, Sour Cream

Melting Pot:

*Chicken Tender Basket with fries and dinner roll

2

Wk2

Pizza Station:

*Cheese Pizza-V

Fresh Cold Deli Station:

*Turkey and Cheese Hoagie

*Triple Decker PBJ-V

Grille Station:

served with a fixing cup and a bag of baked chips

*Bacon Cheeseburger or Hamburger

*Veggie Burger-V

Special of the Day

*Cinnamon Bun, Cheesy Omlette and Seasoned Homefries

Melting Pot:

*Chicken and Apple Cheese Sandwich with Baked chips

5

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

Melting Pot

*Open-Faced Turkey Sandwich with Mashed Potatoes and Gravy

Special of the Day:

*Pepper Jack Chicken Panini & Pesto Minestrone Vegetable Soup

6

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:

*Homemade Italian Stromboli w/ Steamed Veggies and Side Salad

Melting Pot:

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

7

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 & steamed mixed vegetables-V

Melting Pot:

*Honey Sriracha Chicken over Rice with Oriental Vegetables & Spring Roll

8

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:

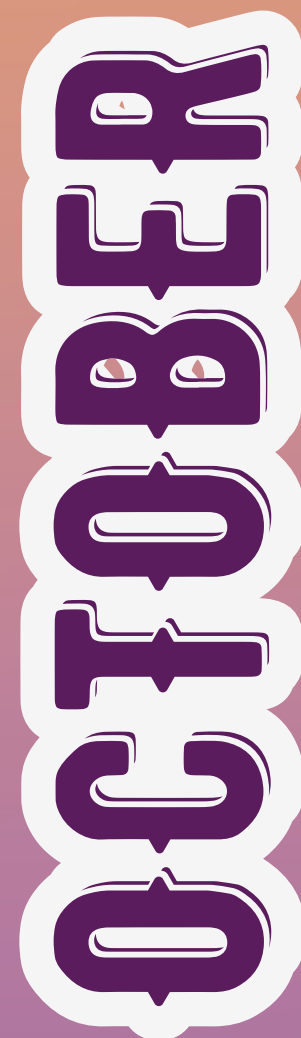
*Meatball Parm Sub served with a side salad

Melting Pot:

*Lemon Butter Chicken over pasta served with Asparagus

9

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



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



★ OCT 12TH - 16TH ★ 2026 ★

Kettle Corn Chickpeas to
be served everyday



OCTOBER



SCAN ME

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MONDAY

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:

*Buffalo Chicken over Waffle Fries and
chipped green onions

Melting Pot:

*Popcorn Chicken Bowl with
Cornbread loaf

Wk3

12

Wk4

Pizza Station:

*Cheese Pizza-V

Fresh Cold Deli Station:

*BBQ Chicken Hoagie

*Triple Decker PBJ-V

Grille Station:

served with a fixing cup and a bag of baked
chips

*Bacon Cheeseburger or Hamburger

*Veggie Burger-V

Special of the Day:

*Chicken Parm on Round Roll, Side Salad

Melting Pot:

*Caribbean Chicken, Grain and Fruit
Bowl

19

TUESDAY

Pizza Station:

*Cheese Pizza-V

*Turkey Pepperoni Pizza

Fresh Cold Deli Station:

*Italian Hoagie

*Chicken Caesar Salad

Grille Station:

served with a fixing cup and french fries

*Spicy or Plain Crispy Chicken Sandwich

*Veggie Nuggets with roll-V

Special of the Day:

*Pasta Bar- Pick you own pasta, sauce,
and protein with garlic bread-V

Melting Pot:

*Chicken Chipotle Bowl

13

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 and French fries

*Spicy or Plain Crispy Chicken Sandwich

*Veggie Nuggets with roll-V

Special of the Day:

*Bang Bang Crispy Fish or Chicken Tacos
with a Topping Bar!

Melting Pot:

*Beef Sloppy Joe on bun with
steamed carrots

20

WEDNESDAY



14

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

Melting Pot:

*Chicken Alfredo with Broccoli and
Garlic Toast

21

THURSDAY

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:

* Perogies with Roasted
Peppers& Onions and a dinner roll-V

Melting Pot:

*Beef Lo Mein with Broccoli and
Oriental Mixed Vegetables

15

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

Melting Pot:

*Thai Pho with Ramen and
choice of protein
and topping bar-V

22

FRIDAY

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 Day:

*Pancakes with Turkey Sausage and
Hashbrowns with a topping bar

Cinnamon Carnival Churro

for each reimbursable meal

16

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

Melting Pot:

*Crispy Chicken drumstick over
powdered sugar
Dutch Waffle

23

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