

OCTOBER

Meal Pricing: Lunch
Free/Reduced-At no cost
Full Paid- \$3.00
Served Daily:

Milk: 1% White, Fat Free White and or Chocolate Milk
-May only choose 1-

Fruit: Apple Slices, applesauce, and Fruit of the Day
-May only choose 2-

Vegetable: Baby Carrots and the Veggie of the Day
-May only choose 2-

Condiments and Dressing are offered if part of the meal

KETTLE CORN CHICKPEAS
TO BE OFFERED THIS
WEEK AND A CINNAMON
CHURRO TO BE OFFERED
ON OCT 16TH TO EACH
REIMBURSABLE LUNCH
MEAL



CAFETERIA CIRCUS
NATIONAL SCHOOL LUNCH WEEK
★ OCT 12TH-16TH ★ 2026 ★

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.



SCAN ME

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

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

ELEMENTARY LUNCH MENU

Every student can select one *main entree and their choice of fruits and vegetables daily. 1% White Milk and Fat Free Chocolate Milk are also offered with each meal. Entree's labeled with "V" stand for vegetarian

MONDAY

1-Chicken Nuggets and Smile Fries
2- Cheese Pizza Slice-V
3-Warm Pretzel and Cheese Grab and Go-V

Wk1 Broccoli Florets
Banana 28

1-Black Bean Veggie Burger with Cheese-V
2-Cheese Pizza Slice-V
3- Yogurt and Cheese Stick Grab and Go-V

Wk2 Broccoli Florets
Craisins 5

1-Spaghetti & Meatballs in sauce with a dinner roll
2-Cheese Pizza Slice-V
3- Warm Pretzel and Cheese Grab and Go-V

Wk3 Broccoli Florets
Banana 12

1-Cheese Lasagna with Sauce and Garlic Toast-V
2-Cheese Pizza Slice-V
3- Yogurt and Cheese Stick Grab and Go-V

Wk4 Broccoli Florets
Craisins 19

TUESDAY

1-Cheeseburger on bun
2-Grilled Cheese with Tomato Soup-V
3- Popcorn Chicken Garden Salad with dinner roll

Steamed Green Beans
Mixed Fruit Cup 29

1- Macaroni and Cheese with a dinner roll-V
2-Grilled Cheese with Tomato Soup-V
3- Chicken Tender Wrap
Steamed Yellow Corn

Mixed Fruit Cup 6

1-Popcorn Chicken and Dutch Waffle
2-Grilled Cheese with Tomato Soup-V
3- Popcorn Chicken Garden Salad

Brussel Sprouts
Mixed Fruit Cup 13

1-Turkey Taco Meat & Cheese on Tortillas with lettuce and tomato cup
2-Grilled Cheese with Tomato Soup-V
3- Chicken Tender Wrap
Steamed Yellow Corn

Mixed Fruit Cup 20

WEDNESDAY

1- Cinnamon Roll with Cheesy Egg Omelette & Hash Browns-
2- Cheesy Egg Bites with a Bagel and Hash Browns- V
3-Turkey and Cheese Hoagie with Lettuce, Tomato

Cucumber Slices
Pear Fruit Cup 30

1- Fish Sticks with dinner roll
2- Chopped Chef Salad with Egg-V
3- Sunbutter&Jelly-V

Sliced Bell Peppers
Pear Fruit Cup 7

1-French Toast Sticks ,Cheese stick, Yogurt & Hash Browns-V
2- Cheesy Egg Bites and Hash Browns- V
3- Turkey and Cheese Hoagie with Lettuce, Tomato

Cucumber Slices
Pear Fruit Cup 14

1-Chicken Teriyaki over brown rice & fortune cookie
2- Chopped Chef Salad with Egg-V
3- Sunbutter&Jelly-V
Sliced Bell Peppers

Pear Fruit Cup 21

THURSDAY

1-Italian Meatball Sub on roll
2-Breaded Mozzarella Cheese Sticks with marinara dipping Sauce-V
3- Nachos Kit Grab and Go with cheese and salsa cup-V

Steamed Broccoli
Peach Fruit Cup 1

1-Cherry Blossom Chicken brown Rice & fortune cookie
2-Breaded Mozzarella Cheese Sticks with marinara dipping Sauce-V
3- Turkey Bacon Wrap
Steamed Green Peas

Peach Fruit Cup 8

1-Mini Cheesesteak Sandwich
2-Breaded Mozzarella Cheese Sticks with marinara dipping Sauce-V
3-Nachos Kit Grab and Go with cheese and salsa cup-V

Sweet Potato Fries
Peach Fruit Cup 15

1-Crispy Chicken Patty Sandwich & pickles
2-Breaded Mozzarella Cheese Sticks with marinara dipping Sauce-V
3- Turkey Bacon Wrap
Steamed Green Peas

Peach Fruit Cup 22

FRIDAY

1-Mini Turkey Corn Dogs with baked beans
2-Chicken Tenders, French Fries & roll
3- Assorted Cereal, yogurt, cheese Grab and Go-V

Assorted Veggie Cup
Grapes 2

1-Walking Beef Nachos
2-Chicken Tenders, French Fries and a roll
3- Make Your Own Pizza Grab and Go-V

Celery Sticks
Dried Cherries 9

1-All Beef Hot Dog with baked beans
2-Chicken Tenders, French Fries & roll
3- Assorted Cereal, yogurt, cheese Grab and Go-V

Assorted Veggie Cup
Grapes 16

1-Turkey Pepperoni Pizza Slice
2-Chicken Tenders, French Fries and roll
3- Make Your Own Pizza Grab and Go-V

Celery Sticks
Dried Cherries 23

OCTOBER

ELEMENTARY LUNCH MENU

CALEY, CANDLEBROOK, GULPH, & ROBERTS

Every student can select one *main entree and their choice of fruits and vegetables daily.

1% White Milk and Fat Free Chocolate Milk are also offered with each meal.

MONDAY

1-Chicken Nuggets and Smile Fries
2- Cheese Pizza Slice-V
3-Warm Pretzel and Cheese Grab and Go-V

Broccoli Florets

Wk1

Banana

26

TUESDAY

1-Cheeseburger on bun
2-Grilled Cheese with Tomato Soup-V
3- Popcorn Chicken Garden Salad with dinner roll

Steamed Green Beans

Mixed Fruit Cup

27

WEDNESDAY

1- Cinnamon Roll with Cheesy Egg Omelette & Hash Browns-
2- Cheesy Egg Bites with a Bagel and Hash Browns- V
3-Turkey and Cheese Hoagie with Lettuce, Tomato

Cucumber Slices

Pear Fruit Cup

28

THURSDAY

1-Italian Meatball Sub on roll
2-Breaded Mozzarella Cheese Sticks with marinara dipping Sauce-V
3- Nachos Kit Grab and Go with cheese and salsa cup-V

Steamed Broccoli

Peach Fruit Cup

29

FRIDAY

1-Dutch Waffle Spider Web with powder sugar and cheese stick-V
2-Chicken Tenders, French Fries,
3- Make Your Own Pizza Grab and Go-V
Celery Sticks



Grapes

30

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. The majority of apple production in Pennsylvania is centered in the southcentral part of Pennsylvania but apples are grown throughout the Commonwealth.

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On October 30st, Every student who orders a lunch will also receive a Zombie Sundae.



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