UPPER MERION AREA HIGH SCHOOL

November

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
Wk3 **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 9	**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 10	**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:** *StateFair Turkey Corndog with BBQ Baked Beans **Melting Pot:** *Indian Butter Chicken over Rice served with Pita and Broccoli 11	**Pizza Station:** *Cheese Pizza-V *Italian Sausage Crumble Pizza **Fresh Cold Deli Station:** *Spicy Breaded 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 12	**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 13
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 16	**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 17	**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 18	**Pizza Station:** *Cheese Pizza-V *Italian Sausage Crumble Pizza **Fresh Cold Deli Station:** *Chicken Caesar Salad **Grille Station:** *Pepperoni and Cheese Calzone with Marinara Dipping Sauce ***Melting Pot and Special of Day:** *Sliced Smoked Turkey in gravy with mashed potatoes, mixed vegetables, apple cider glazed squash, cranberry sauce, and dinner roll/margarine Pumpkin Pie Slice 19	**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 20

PA Harvest of the Month

Winter Squash

Winter squash includes dozens of varieties of squash that are in the gourd family. The most common varieties are acorn, butternut, delicata, spaghetti, buttercup, and pumpkins. Squashes are known to be high in vitamin C which helps iron absorption in the body.

SCAN ME

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