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
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 23	**Pizza Station:** *Cheese Pizza-V **Fresh Cold Deli Station:** *Triple Decker PBJ-V **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:** *Chef Special **Melting Pot:** *Chef Special 24	***Early Dismissal*** 25	 26	 27

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.