

hello November

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

- *Hot Honey Crispy Chicken Biscuit
- *Mini Pancakes
- *Lemon Blueberry ZeeZee Bar
- * Assorted Cereal

Wk2

2

- *Breakfast Pizza Bagel
- *Avocado Toast with Hard-boiled Egg
- *NutriGrain Bar with Cheese stick and yogurt
- * Assorted Cereal

Wk3

9

- *Hot Honey Crispy Chicken Biscuit
- *Mini Pancakes
- *Mini Donuts
- * Assorted Cereal

Wk4

16

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

Wk1

23

TUESDAY



3

- *Egg, Cheese, Turkey Bacon Croissant
- *Apple Strudel
- * Assorted Breakfast Breads
- * Assorted Cereal

10

- *Egg, Cheese, Turkey Bacon Croissant
- *Cinni Mini-Bagels
- * Assorted Breakfast Breads
- * Assorted Cereal

17

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

24

WEDNESDAY

- *Mini Waffles
- * Assorted Breakfast Bars
- * Assorted Cereal

4

- *Maple Waffle Panini with Turkey Sausage, Egg, and Cheese
- * Assorted Breakfast Bars
- * Assorted Cereal

11

- *Cowboy Breakfast Skillet with toast
- * Assorted Breakfast Bars
- * Assorted Cereal

18

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

25

THURSDAY

- *Egg, Cheese, Turkey Sausage on English Muffin
- * Warmed Croissant-Marg/Jam
- * Assorted Muffins
- * Assorted Cereal

5

- *Egg, Cheese, Turkey Sausage on Bagel
- *Chocolate Crescent Roll
- * Assorted Muffins
- * Assorted Cereal

12

- *Egg, Cheese, Turkey Sausage on English Muffin
- * Warmed Croissant-Marg/Jam
- * Assorted Muffins
- * Assorted Cereal

19

FRIDAY

- *Egg, Cheese. Turkey Bacon on Pretzel Roll
- * Three Cheese Egg bites with a bagel
- *Cranberry Chocolate Chip Overnight Oats
- * Assorted Cereal

6

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

13

- *Egg, Cheese. Turkey Bacon on Pretzel Roll
- *Three Cheese Egg bites with a bagel
- *Strawberry Banana Smoothie with granola
- * Assorted Cereal

20



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