UPPER MERION AREA MIDDLE SCHOOL

October 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, Assorted Fresh Fruit, 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

Graveyard Dirt Pudding will be served on October 29th to all students who choose a reimburable meal at lunch
Kosher

SCAN ME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Wk1 **Pizza Station:** *Cheese Pizza-V **Fresh Cold Deli Station:** *Turkey and Cheese Hoagie *Chicken Caesar Salad **Grille Station:** served with fixing cup *Cheeseburger or Hamburger *Veggie Burger-V **Special of the Day:** *Chicken Penne Alfredo with garlic toast and Steamed Green Peas ***Banana/Broccoli Florets*** 26	**Pizza Station:** *Cheese Pizza-V *Turkey Pepperoni Pizza **Fresh Cold Deli Station:** *Italian Hoagie *Sante Fe Salad **Grille Station:** served with fixing cup and fries *Crispy Chicken Sandwich *Veggie Nuggets with roll-V **Special of the Day:** *Perogies with Roasted Peppers & Onions and a dinner roll-V ***Mixed Fruit Cup/Bell Peppers*** 27	**Pizza Station:** *Cheese Pizza-V *Veggie Pizza-V **Fresh Cold Deli Station:** *Turkey Ham and Cheese on Pretzel Bun *SALAD BAR-Make your own-V **Grille Station:** *Beef Sloppy Joe on Hamburger Bun and steamed corn **Special of the Day:** *Pillsbury Cinnamon Bun with Cheesy Omelette and seasoned home fries-V ***Pear Fruit Cup/Cucumbers*** 28	**Pizza Station:** *Cheese Pizza-V *Turkey Pepperoni Pizza **Fresh Cold Deli Station:** *Turkey BLT Wrap *Chicken Tender Salad **Grille Station:** *Panini of the Day with Homemade Soup **Special of the Day:** *Beef Lo Mein with Broccoli and Fortune Cookie ***Peach Fruit Cup/Celery Sticks*** 29	**Pizza Station:** *Cheese Pizza-V *Buffalo Chicken Pizza *$1.75 Friday Only* **Fresh Cold Deli Station:** *Nacho Kit-V *Chicken Caesar Salad **Grille Station:** *Breaded Mozarella Sticks with Marinara dipping cup-V **Special of the Day:** *NY Cart Style Chicken with Yellow Rice, lettuce, tomato, Yogurt Sauce and or Harissa ***Applesauce/Asst Veggie Cup*** 30
Wk2 **Pizza Station:** *Cheese Pizza-V **Fresh Cold Deli Station:** *Italian Hoagie *Chicken Caesar Salad **Grille Station:** served with fixing cup and fries *UM Big Mac *Veggie Burger-V **Special of the Day:** *Spaghetti and Meatballs with Garlic Toast ***Banana/Broccoli Florets*** 2	**No School** 3	**Pizza Station:** *Cheese Pizza-V *Veggie Pizza-V **Fresh Cold Deli Station:** *Buffalo Chicken Hoagie *SALAD BAR-Make your own-V **Grille Station:** *Bosco Sticks with marinara dipping cup-V **Special of the Day:** *BBQ Chicken with Corn Bread loaf and Steamed Corn ***Pear Fruit Cup/Cucumbers*** 4	**Pizza Station:** *Cheese Pizza-V *Italian Sausage Pizza **Fresh Cold Deli Station:** *Chicken Salad on Kaiser with lettuce and tomato *Turkey BLT Salad **Grille Station:** *All Beef Hot Dog on a bun with Baked Beans, and Onion Rings **Special of the Day:** *Macaroni and Cheese steamed mixed vegetables, with a dinner roll-V ***Peach Fruit Cup/Celery Sticks*** 5	**Pizza Station:** *Cheese Pizza-V *BBQ Chicken Pizza *$1.75 Friday Only* **Fresh Cold Deli Station:** *Make your own Pizza Kit *Chicken Caesar Salad **Grille Station:** *Grilled Cheese with Tomato Soup-V **Special of the Day:** * Thai Pho with Ramen and your choice of protein and topping bar ***Applesauce/Asst Veggie Cup*** 6

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