November

UPPER MERION AREA MIDDLE SCHOOL

Served Daily:

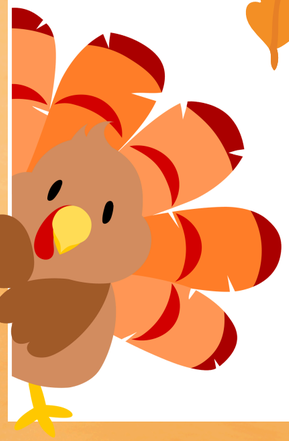
Main Entrees: Every student can select one main entree of their choice -May only choose 1-
Milk: 1% White, Fat Free White, and or Chocolate Milk -May only choose 1-
Fruit: Apple Slices, 100% Fruit Juice, Assorted Fresh Fruit, and Fruit of the Day -May only choose 2-
Vegetable: Baby Carrots and the Veggie 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza Station: ***Cheese Pizza-V** **Fresh Cold Deli Station:** ***Sandwich of the Day** ***Cereal Lunch Kit-V** **Grille Station:** served with fixing cup ***Cheeseburger or Hamburger** ***Veggie Burger-V** **Special of the Day:** ***Chef's Special** 23	 **Early Dismissal** 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.