

# 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 choice of fat-free or 1% milk to make a fully reimbursable breakfast!*

### 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](http://SchoolCafe.com) or scan the QR code to visit [umasd.org](http://umasd.org) for more Food Service Info.



Any further questions can be directed to  
Brittany Frazer at  
[bfrazer@umasd.org](mailto:bfrazer@umasd.org) or  
610-205-8804

## Middle School

### MONDAY

*\* Apple Cinnamon Texas Toast French Toast  
\* Assorted Cereal Bar*

**Wk2** Raisin and 100% Fruit Juice **2**

*\* Turkey Sausage and Cheese Stuffed Croissant  
\* Assorted Cereal Bar*

**Wk3** Raisin and 100% Fruit Juice **9**

*\* EarlyRisers Cheesy Egg Stuffed Hash Browns  
\* Assorted Cereal Bar*

**Wk4** Raisin and 100% Fruit Juice **16**

*\* Breakfast Pizza Bagel  
\* Assorted Cereal Bars*

**Wk1** Raisin and 100% Fruit Juice **23**

### TUESDAY



*\* Egg, Cheese, Turkey Bacon Croissant  
\* Apple Strudel*

Banana and 100% Fruit Juice **10**

*\* Egg, Cheese, Turkey Bacon Croissant  
\* Cinni Mini-Bagels*

Banana and 100% Fruit Juice **17**

*\* Egg, Cheese, Turkey Bacon Croissant  
\* Strawberry Cream Cheese Stuffed Mini-Bagels*

Banana and 100% Fruit Juice **24**

### WEDNESDAY

*\* Mini Waffles  
\* Warmed Bagel w/ Cream Cheese*

Applesauce and 100% Fruit Juice **4**

*\* Cheesy Egg Omelet Wrap  
\* Warmed Croissant-Marg/Jam*

Applesauce and 100% Fruit Juice **11**

*\* Mini French Toast Chocolate Chip Bites  
\* Warmed Bagel w/ Cream Cheese*

Applesauce and 100% Fruit Juice **18**

*\* Mini Pancakes  
\* Mango Sweet Heat Sunflower Seeds and Yogurt*

*~ Strawberry Yogurt Chex Mix ~*  
Applesauce and 100% Fruit Juice **25**

### THURSDAY

*\* Egg, Cheese, Turkey Sausage on English Muffin  
\* Assorted Muffin*

Orange Slices and 100% Fruit Juice **5**

*\* Egg, Cheese, Turkey Sausage on Bagel  
\* Assorted Muffin*

Orange Slices and 100% Fruit Juice **12**

*\* Egg, Cheese, Turkey Sausage on English Muffin  
\* Assorted Muffin*

Orange Slices and 100% Fruit Juice **19**

### FRIDAY

*\* Egg, Cheese. Turkey Bacon on Pretzel Roll  
\* Yogurt and Graham Cracker*

Apple Slices, Mixzees 100% Fruit Juice **6**

*\* Egg, Cheese. Turkey Bacon on Pretzel Roll  
\* Assorted Bread Slice*

Apple Slices and 100% Fruit Juice **13**

*\* Egg, Cheese. Turkey Bacon on Pretzel Roll  
\* Yogurt and Graham Cracker*

Apple Slices, Mixzees 100% Fruit Juice **20**

