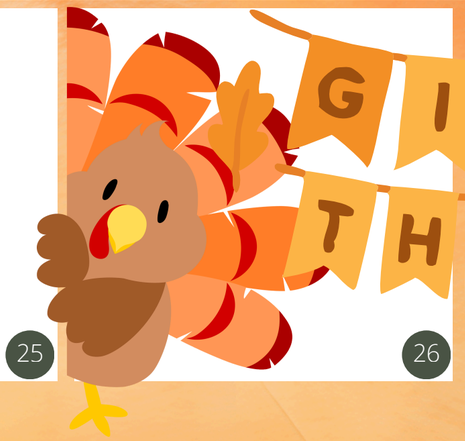
# hello November

# ELEMENTARY LUNCH MENU

## BRIDGEPORT

***Every student can select one *main entree and their choice of fruits and vegetables daily.***
***1% White Milk and Fat Free Chocolate Milk are also offered with each meal.***

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| ***Early Dismissal*** 23 | 1-Chef Special<br>2-Chef Special<br>3- Chef Special<br><br>Assorted Veggie Cup<br><br>***Mixed Fruit Cup*** 24 | ***Early Dismissal*** 25 |  26 |  27 |

**All Bridgeport Students receive lunch at no cost because it is CEP "Community Eligible Provision" School.**

**Served Daily:**

**Milk:** 1% White, Fat Free White and or Chocolate Milk
-May only choose 1-
**Fruit:** Apple Slices, applesauce, and Fruit of the Day
-May only choose 2-
**Vegetable:** Baby Carrots and the Veggie of the Day
-May only choose 2-
Condiments and Dressing are offered if part of the meal

## 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.**

**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.**

SCAN ME

***Any further questions can be directed to Brittany Frazer at bfrazer@umasd.org or 610-205-8804***

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