hello November

ELEMENTARY LUNCH MENU

CALEY, CANDLEBROOK, GULPH, & ROBERTS

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.

Meal Pricing: Lunch
Free/Reduced-At no cost
Full Paid- $3.00

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-Black Bean Veggie Burger with Cheese-V 2-Cheese Pizza Slice-V 3- Yogurt and Cheese Stick Grab and Go-V ***Broccoli Florets*** ***Craisins*** Wk2 2	***No School*** 3	1- Fish Sticks with dinner roll 2- Chopped Chef Salad with Egg-V 3- Sunbutter&Jelly-V ***Sliced Bell Peppers*** ***Pear Fruit Cup*** 4	1-Cherry Blossom Chicken brown Rice & fortune cookie 2-Breaded Mozzarella Cheese Sticks with marinara dipping Sauce-V 3- Turkey Bacon Wrap ***Steamed Green Peas*** ***Peach Fruit Cup*** 5	1-Walking Beef Nachos 2-Chicken Tenders, French Fries and a roll 3- Make Your Own Pizza Grab and Go-V ***Celery Sticks*** ***Dried Cherries*** 6
1-Spaghetti & Meatballs in sauce with a dinner roll 2-Cheese Pizza Slice-V 3- Warm Pretzel and Cheese Grab and Go-V ***Broccoli Florets*** ***Craisins*** Wk3 9	1-Popcorn Chicken and Dutch Waffle 2-Grilled Cheese with Tomato Soup-V 3- Popcorn Chicken Garden Salad ***Mixed Fruit Cup*** 10	1-French Toast Sticks ,Cheese stick, Yogurt & Hash Browns-V 2- Cheesy Egg Bites with a bagel and Hash Browns- V 3- Turkey and Cheese Hoagie with Lettuce, Tomato ***Cucumber Slices*** ***Pear Fruit Cup*** 11	1-Mini Cheesesteak Sandwich 2-Breaded Mozzarella Cheese Sticks with marinara dipping Sauce-V 3-Nachos Kit Grab and Go with cheese and salsa cup-V ***Sweet Potato Fries*** ***Peach Fruit Cup*** 12	1-All Beef Hot Dog with baked beans 2-Chicken Tenders, French Fries & roll 3- Assorted Cereal, yogurt, cheese Grab and Go-V ***Assorted Veggie Cup*** ***Grapes*** 13
1-Cheese Lasagna with Sauce and Garlic Toast-V 2-Cheese Pizza Slice-V 3- Yogurt and Cheese Stick Grab and Go-V ***Broccoli Florets*** ***Craisins*** Wk4 16	1-Turkey Taco Meat & Cheese on Tortillas with lettuce and tomato cup 2-Grilled Cheese with Tomato Soup-V 3- Chicken Tender Wrap ***Steamed Yellow Corn*** ***Mixed Fruit Cup*** 17	***Early Dismissal*** 18	1-Sliced Turkey and Gravy with mashed potatoes, steamed carrots, cranberry sauce and a dinner roll 2- Assorted Cereal, yogurt, cheese Grab and Go-V ***Assorted Veggie Cup*** ***Baked Apple Crisp*** ***Assorted Seasonal Fruit*** 19	1-Turkey Pepperoni Pizza Slice 2-Chicken Tenders, French Fries and roll 3- Make Your Own Pizza Grab and Go-V ***Celery Sticks*** ***Dried Cherries*** 20