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

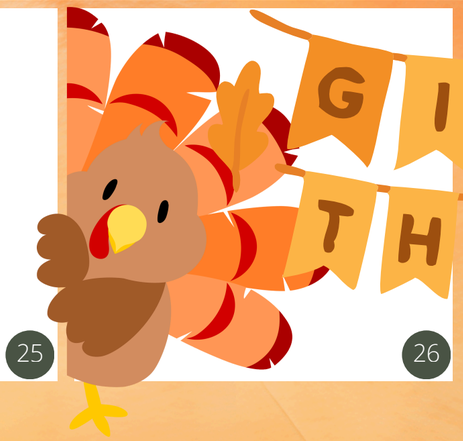
Winter squash includes dozens of varieties of squash that are in the gourd family. The most common varieties are acorn, butternut, delicata, spaghetti, buttercup, and pumpkins. Squashes are known to be high in vitamin C which helps iron absorption in the body.

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
Early Dismissal 23	1-Chef Special 2-Chef Special 3- Chef Special Assorted Veggie Cup ***Mixed Fruit Cup*** 24	***Early Dismissal*** 25	 26	 27