

OCTOBER

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 Apples

Pennsylvania produces 400 to 500 million pounds of apples per year and ranks fourth in the nation for apple production. The majority of apple production in Pennsylvania is centered in the southcentral part of Pennsylvania but apples are grown throughout the Commonwealth.

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.

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.

MONDAY

1-Chicken Nuggets and Smile Fries
2- Cheese Pizza Slice-V
3-Warm Pretzel and Cheese Grab and Go-V

Broccoli Florets

Wk1

Banana

26

TUESDAY

1-Cheeseburger on bun
2-Grilled Cheese with Tomato Soup-V
3- Popcorn Chicken Garden Salad with dinner roll

Steamed Green Beans

Mixed Fruit Cup

27

WEDNESDAY

1- Cinnamon Roll with Cheesy Egg Omelette & Hash Browns-
2- Cheesy Egg Bites with a Bagel and Hash Browns- V
3-Turkey and Cheese Hoagie with Lettuce, Tomato

Cucumber Slices

Pear Fruit Cup

28

THURSDAY

1-Italian Meatball Sub on roll
2-Breaded Mozzarella Cheese Sticks with marinara dipping Sauce-V
3- Nachos Kit Grab and Go with cheese and salsa cup-V

Steamed Broccoli

Peach Fruit Cup

29

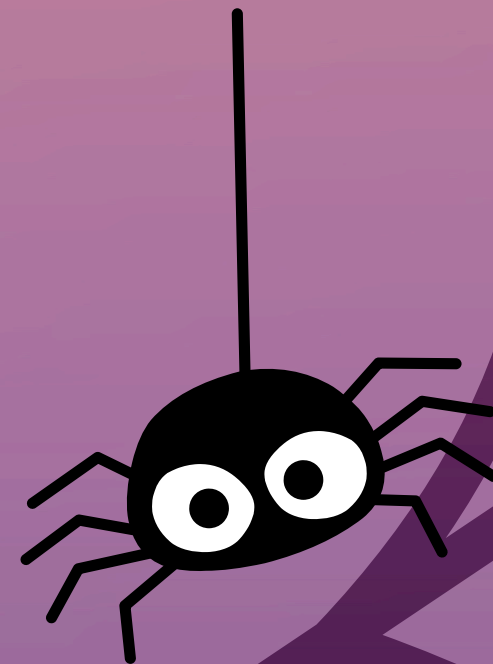
FRIDAY

1-Dutch Waffle Spider Web with powder sugar and cheese stick-V
2-Chicken Tenders, French Fries,
3- Make Your Own Pizza Grab and Go-V
Celery Sticks



Grapes

30



On October 30st,
Every student who
orders a lunch will
also receive a
Zombie Sundae.

