OCTOBER

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
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	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	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	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	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

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

Apples

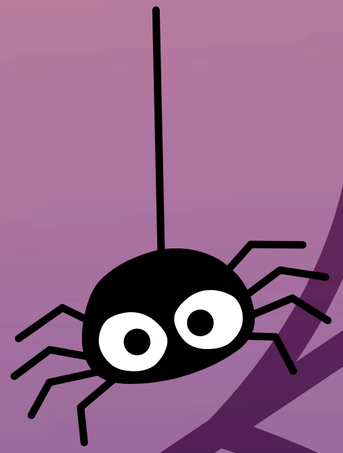
Pennsylvania produces 400 to 500 million pounds of apples per year and ranks fourth in the nation for apple production. The majority of apple production in Pennsylvania is centered in the southcentral part of Pennsylvania but apples are grown throughout the Commonwealth.

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.



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

