UPPER MERION AREA MIDDLE SCHOOL

November

Served Daily:

Main Entrees: Every student can select one main entree of their choice -May only choose 1-
Milk: 1% White, Fat Free White, and or Chocolate Milk -May only choose 1-
Fruit: Apple Slices, 100% Fruit Juice, Assorted Fresh Fruit, and Fruit of the Day -May only choose 2-
Vegetable: Baby Carrots and the Veggie of the Day -May only choose 2-
V means vegetarian
Condiments and Dressing are offered



Lunch Meal Pricing:
Free/Reduced-At no cost
Full Paid- $3.25

DONT FORGET YOUR ID CARDS!
BRING YOUR CARDS TO BREAKFAST AND LUNCH EVERYDAY

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





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.

SCAN ME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Wk3 **Pizza Station:** *Cheese Pizza-V **Fresh Cold Deli Station:** *Turkey and Cheese Hoagie *Chicken Caesar Salad **Grille Station:** served with fixing cup *Cheeseburger or Hamburger *Veggie Burger-V **Special of the Day:** *French Toast Sticks with Turkey Sausages and Hash Browns ***Banana/Broccoli Florets*** 9	**Pizza Station:** *Cheese Pizza-V *Turkey Pepperoni Pizza **Fresh Cold Deli Station:** *Italian Hoagie *Sante Fe Salad **Grille Station:** served with fixing cup and fries *Crispy Chicken Sandwich *Veggie Nuggets with roll-V **Special of the Day:** *Pasta Bar with your choice of pasta, sauce and protein with garlic bread-V ***Mixed Fruit Cup/Bell Peppers*** 10	**Pizza Station:** *Cheese Pizza-V *Veggie Pizza-V **Fresh Cold Deli Station:** *Turkey Ham and Cheese on Pretzel Bun *SALAD BAR-Make your own-V **Grille Station:** *Mini Cheesesteak on long roll **Special of the Day:** *Buffalo Chicken Over Waffle Fries with steamed carrots and Garlic Knot ***Pear Fruit Cup/Cucumbers*** 11	**Pizza Station:** *Cheese Pizza-V *Turkey Pepperoni Pizza **Fresh Cold Deli Station:** *Turkey BLT Wrap *Chicken Tender Salad **Grille Station:** *All Beef Hot Dog on a bun with Baked Beans, and Onion Rings **Special of the Day:** *Popcorn Chicken Bowl with Mashed Potatoes in gravy and Corn ***Peach Fruit Cup/Celery Sticks*** 12	**Pizza Station:** *Cheese Pizza-V *Buffalo Chicken Pizza **Fresh Cold Deli Station:** *Nacho Kit-V *Chicken Caesar Salad **Grille Station:** *Meatball Parm Sub on long Roll **Special of the Day:** *Indian Butter Chicken with Rice, Naan, and steamed Broccoli ***Applesauce/Asst Veggie Cup*** 13
Wk4 **Pizza Station:** *Cheese Pizza-V **Fresh Cold Deli Station:** *Italian Hoagie *Chicken Caesar Salad **Grille Station:** served with fixing cup and fries *UM Big Mac *Veggie Burger-V **Special of the Day:** *Tortellini with Red Sauce-V or with Meatsauce served with steamed green beans and garlic toast ***Banana/Broccoli Florets*** 16	**Pizza Station:** *Cheese Pizza-V *Turkey Pepperoni Pizza **Fresh Cold Deli Station:** *Turkey and Cheese Hoagie *Assorted Cereal Kit-V **Grille Station:** served with fixing cup *Spicy Crispy Chicken Sandwich *Veggie Nuggets with roll-V **Special of the Day:** *Top your own Pancakes with turkey sausage and Hash Browns ***Mixed Fruit Cup/Bell Peppers*** 17	**Pizza Station:** *Cheese Pizza-V *Veggie Pizza-V **Fresh Cold Deli Station:** *Spicy Breaded Chicken Hoagie *SALAD BAR-Make your own-V **Grille Station:** *Turkey Corn Dog on a Stick with honey mustard **Special of the Day:** * Honey Sriracha Chicken over Brown Rice, Spring Roll and fortune cookie ***Pear Fruit Cup/Cucumbers*** 18	***Early Dismissal*** 19	**Pizza Station:** *Cheese Pizza-V *Buffalo Chicken Pizza **Fresh Cold Deli Station:** *Chicken Caesar Salad **Grille Station:** *Breaded Mozzarella Sticks with marinara dipping sauce **Special of the Day:** *Sliced Smoked Turkey with Mashed Potatoes, mixed vegetable, apple cider glazed squash, cranberry sauce & roll Pumpkin Pie Slice ***Seasonal Fruit and Veggie*** 20

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