# UPPER MERION AREA MIDDLE SCHOOL

# DECEMBER

**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

### Cabbage

**Cabbage is a hardy vegetable that grows in various shades of green and purple. Many vegetables evolved from wild cabbage like broccoli, brussel sprouts and cauliflower. Cabbage is high in vitamin C and K which are great for wound healing.**

SCAN ME

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| ***Wk1*** | | | | |
| **Pizza Station:**<br>***Cheese Pizza-V**<br><br>**Fresh Cold Deli Station:**<br>***Turkey and Cheese Hoagie**<br>***Chicken Caesar Salad**<br><br>**Grille Station:**<br>served with fixing cup<br>***Cheeseburger or Hamburger**<br>***Veggie Burger-V**<br><br>**Special of the Day:**<br>***Chicken Penne Alfredo with garlic toast and Steamed Green Peas**<br><br>***Banana/Broccoli Florets***<br>30 | **Pizza Station:**<br>***Cheese Pizza-V**<br>***Turkey Pepperoni Pizza**<br><br>**Fresh Cold Deli Station:**<br>***Italian Hoagie**<br>***Sante Fe Salad**<br><br>**Grille Station:**<br>served with fixing cup and fries<br>***Crispy Chicken Sandwich**<br>***Veggie Nuggets with roll-V**<br><br>**Special of the Day:**<br>***Perogies with Roasted Peppers & Onions and a dinner roll-V**<br><br>***Mixed Fruit Cup/Bell Peppers***<br>1 | **Pizza Station:**<br>***Cheese Pizza-V**<br>***Veggie Pizza-V**<br><br>**Fresh Cold Deli Station:**<br>***Turkey Ham and Cheese on Pretzel Bun**<br>***SALAD BAR-Make your own-V**<br><br>**Grille Station:**<br>***All Beef Hot Dog on a bun with Baked Beans, and Onion Rings**<br><br>**Special of the Day:**<br>***Pillsbury Cinnamon Bun with Cheesy Omelette and seasoned home fries-V**<br><br>***Pear Fruit Cup/Cucumbers***<br>2 | **Pizza Station:**<br>***Cheese Pizza-V**<br>***Turkey Pepperoni Pizza**<br><br>**Fresh Cold Deli Station:**<br>***Turkey BLT Wrap**<br>***Chicken Tender Salad**<br><br>**Grille Station:**<br>***Panini of the Day with Homemade Soup**<br><br>**Special of the Day:**<br>***Beef Lo Mein with Broccoli and Fortune Cookie**<br><br>***Peach Fruit Cup/Celery Sticks***<br>3 | ***$1.75 Friday Only***<br>**Pizza Station:**<br>***Cheese Pizza-V**<br>***Buffalo Chicken Pizza**<br><br>**Fresh Cold Deli Station:**<br>***Nacho Kit-V**<br>***Chicken Caesar Salad**<br><br>**Grille Station:**<br>***Breaded Mozarella Sticks with Marinara dipping cup-V**<br><br>**Special of the Day:**<br>***NY Cart Style Chicken with Yellow Rice, lettuce, tomato, Yogurt Sauce and or Harissa**<br><br>***Mixed Berry Cup/Asst Veggie***<br>4 |
| ***Wk2*** | | | | |
| **Pizza Station:**<br>***Cheese Pizza-V**<br><br>**Fresh Cold Deli Station:**<br>***Italian Hoagie**<br>***Chicken Caesar Salad**<br><br>**Grille Station:**<br>served with fixing cup and fries<br>***UM Big Mac**<br>***Veggie Burger-V**<br><br>**Special of the Day:**<br>***Spaghetti and Meatballs with Garlic Toast**<br><br>***Banana/Broccoli Florets***<br>7 | **Pizza Station:**<br>***Cheese Pizza-V**<br>***Turkey Pepperoni Pizza**<br><br>**Fresh Cold Deli Station:**<br>***Turkey and Cheese Hoagie**<br>***Assorted Cereal Kit-V**<br><br>**Grille Station:**<br>served with fixing cup<br>***Spicy Crispy Chicken Sandwich**<br>***Veggie Nuggets with roll-V**<br><br>**Special of the Day:**<br>***Walking Nachos with Fiesta Black Bean Salad**<br><br>***Mixed Fruit Cup/Bell Peppers***<br>8 | **Pizza Station:**<br>***Cheese Pizza-V**<br>***Veggie Pizza-V**<br><br>**Fresh Cold Deli Station:**<br>***Buffalo Chicken Hoagie**<br>***SALAD BAR-Make your own-V**<br><br>**Grille Station:**<br>***Bosco Sticks with marinara dipping cup-V**<br><br>**Special of the Day:**<br>***BBQ Chicken with Corn Bread loaf and Steamed Corn**<br><br>***Pear Fruit Cup/Cucumbers***<br>9 | **Pizza Station:**<br>***Cheese Pizza-V**<br>***Italian Sausage Pizza**<br><br>**Fresh Cold Deli Station:**<br>***Chicken Salad on Kaiser with lettuce and tomato**<br>***Banana Cinnamon Toast Butter Roll Up with Cheesestick-V**<br>**Grille Station:**<br>***Cheesy Egg bites with Turkey Sausage Stuffed Croissant**<br><br>**Special of the Day:**<br>***Mediterranean Beef Meatball Bowl with Tomato, Cucumber, Chickpea Salad**<br><br>***Peach Fruit Cup/Celery Sticks***<br>10 | ***$1.75 Friday Only***<br>**Pizza Station:**<br>***Cheese Pizza-V**<br>***BBQ Chicken Pizza**<br><br>**Fresh Cold Deli Station:**<br>***Make your own Pizza Kit**<br>***Asian Inspired Chicken Chopped Salad**<br><br>**Grille Station:**<br>***Grilled Cheese with Tomato Soup-V**<br><br>**Special of the Day:**<br>*** Thai Pho with Ramen and your choice of protein and topping bar**<br><br>***Mixed Berry Cup/Asst Veggie***<br>11 |

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SCAN ME

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| ***Wk3*** | | | | |
| **Pizza Station:**<br>***Cheese Pizza-V**<br><br>**Fresh Cold Deli Station:**<br>***Turkey and Cheese Hoagie**<br>***Chicken Caesar Salad**<br><br>**Grille Station:**<br>served with fixing cup<br>***Cheeseburger or Hamburger**<br>***Veggie Burger-V**<br><br>**Special of the Day:**<br>***French Toast Sticks with Turkey Sausages and Hash Browns**<br><br>***Banana/Broccoli Florets***<br>14 | **Pizza Station:**<br>***Cheese Pizza-V**<br>***Turkey Pepperoni Pizza**<br><br>**Fresh Cold Deli Station:**<br>***Italian Hoagie**<br>***Sante Fe Salad**<br><br>**Grille Station:**<br>served with fixing cup and fries<br>***Crispy Chicken Sandwich**<br>***Veggie Nuggets with roll-V**<br><br>**Special of the Day:**<br>***Pasta Bar with your choice of pasta, sauce and protein with garlic bread-V**<br><br>***Mixed Fruit Cup/Bell Peppers***<br>15 | **Pizza Station:**<br>***Cheese Pizza-V**<br>***Veggie Pizza-V**<br><br>**Fresh Cold Deli Station:**<br>***Turkey Ham and Cheese on Pretzel Bun**<br>***SALAD BAR-Make your own-V**<br><br>**Grille Station:**<br>***Mini Cheesesteak on long roll**<br><br>**Special of the Day:**<br>***Buffalo Chicken Over Waffle Fries with steamed carrots and Garlic Knot**<br><br>***Pear Fruit Cup/Cucumbers***<br>16 | **Pizza Station:**<br>***Cheese Pizza-V**<br>***Turkey Pepperoni Pizza**<br><br>**Fresh Cold Deli Station:**<br>***Turkey BLT Wrap**<br>***Chicken Tender Salad**<br><br>**Grille Station:**<br>***All Beef Hot Dog on a bun with Baked Beans, and Onion Rings**<br><br>**Special of the Day:**<br>***Popcorn Chicken Bowl with Mashed Potatoes in gravy and Corn**<br><br>***Peach Fruit Cup/Celery Sticks***<br>17 | **Pizza Station:**<br>***Cheese Pizza-V**<br>***Buffalo Chicken Pizza**<br><br>**Fresh Cold Deli Station:**<br>***Nacho Kit-V**<br>***Chicken Caesar Salad**<br><br>**Grille Station:**<br>***Meatball Parm Sub on long Roll**<br><br>**Special of the Day:**<br>***Indian Butter Chicken with Rice, Naan, and steamed Broccoli**<br><br>***Mixed Berry Cup/Asst Veggie***<br>18 |
| ***Wk4***<br>**Pizza Station:**<br>***Cheese Pizza-V**<br><br>**Fresh Cold Deli Station:**<br>***Sandwich of the Day**<br>***Cereal Lunch Kit-V**<br><br>**Grille Station:**<br>served with fixing cup<br>***Cheeseburger or Hamburger**<br>***Veggie Burger-V**<br><br>**Special of the Day:**<br>***Chef's Special**<br><br>**Triple Chocolate Fudge Filled Cookie**<br>***Assorted Fruits and Veggies***<br>21 | ***Early Dismissal only breakfast will be served***<br>22 | HAPPY HOLIDAYS<br>23 | 24 | <br>25 |

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