Hello December

BREAKFAST

IS AVAILABLE TO ALL STUDENTS AT NO COST

Every student can select one *main breakfast entree, up to 2 servings of fruit, and a choice of fat-free or 1% milk to make a fully reimbursable breakfast!

DID YOU KNOW?

Students who eat breakfast every morning have more energy to complete physical activities and excel in sports! Power up with a whole-grain-rich breakfast!

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

Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Breakfast Pizza Bagel *Assorted Cereal Bars Raisin and 100% Fruit Juice Wk1 30	*Egg, Cheese, Turkey Bacon Croissant *Strawberry Cream Cheese Stuffed Mini-Bagels Banana and 100% Fruit Juice 1	*Mini Pancakes *Mango Sweet Heat Sunflower Seeds and Yogurt ~Strawberry Yogurt Chex Mix~ Applesauce and 100% Fruit Juice 2	*Egg, Cheese, Turkey Sausage on Bagel *Assorted Muffin Orange Slices and 100% Fruit Juice 3	*Egg, Cheese. Turkey Bacon on Pretzel Roll *Assorted Bread Slice Craisins and 100% Fruit Juice 4
* Apple Cinnamon Texas Toast French Toast *Assorted Cereal Bar Raisin and 100% Fruit Juice Wk2 7	*Egg, Cheese, Turkey Bacon Croissant *Cinni Mini-Bagels Banana and 100% Fruit Juice 8	*Mini Waffles *Warmed Bagel w/ Cream Cheese Applesauce and 100% Fruit Juice 9	*Egg, Cheese, Turkey Sausage on English Muffin *Assorted Muffin Orange Slices and 100% Fruit Juice 10	* Egg, Cheese. Turkey Bacon on Pretzel Roll *Yogurt and Graham Cracker Apple Slices and 100% Fruit Juice 11
*Turkey Sausage and Cheese Stuffed Croissant *Assorted Cereal Bar Raisin and 100% Fruit Juice Wk3 14	*Egg, Cheese, Turkey Bacon Croissant *Apple Strudel Banana and 100% Fruit Juice 15	*Cheesy Egg Omelet Wrap *Warmed Croissant-Marg/Jam Applesauce and 100% Fruit Juice 16	*Egg, Cheese, Turkey Sausage on Bagel *Assorted Muffin Orange Slices and 100% Fruit Juice 17	*Egg, Cheese. Turkey Bacon on Pretzel Roll *Assorted Bread Slice Craisins and 100% Fruit Juice 18
* EarlyRisers Cheesy Egg Stuffed Hash Browns *Assorted Cereal Bar Raisin and 100% Fruit Juice Wk4 21	*Strawberry Fruitola Cereal Bag *Cinni Mini-Bagels Thats It Apple/Mango Fruit Bar 100% Fruit Juice 22			

HAPPY Holidays!

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