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

HIGH School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Early Riser Hashbrowns *Warmed Dutch Waffle *Assorted Cereal Wk1 30	*Egg, Cheese, Turkey Bacon Croissant *Strawberry Cream Cheese Stuffed Mini-Bagels *Assorted Breakfast Breads *Assorted Cereal 1	*Apple Cinnamon French Toast with Cheese Stick *Assorted Breakfast Bars *Assorted Cereal 2	*Egg, Cheese, Turkey Sausage on Bagel *Peach Yogurt Parfait with graham crackers *Assorted Muffins *Assorted Cereal 3	*Egg, Cheese. Turkey Bacon on Pretzel Roll *Wowbutter and Jelly Uncrustable *Make Your Own Yogurt Parfait *Assorted Cereal 4
*Hot Honey Crispy Chicken Biscuit *Mini Pancakes *Lemon Blueberry ZeeZee Bar *Assorted Cereal Wk2 7	*Egg, Cheese, Turkey Bacon Croissant *Cinni Mini-Bagels *Assorted Breakfast Breads *Assorted Cereal 8	*Mini Waffles *Assorted Breakfast Bars *Assorted Cereal 9	*Egg, Cheese, Turkey Sausage on English Muffin *Warmed Croissant-Marg/Jam *Assorted Muffins *Assorted Cereal 10	*Egg, Cheese. Turkey Bacon on Pretzel Roll * Three Cheese Egg bites with a bagel *Cranberry Chocolate Chip Overnight Oats *Assorted Cereal 11
*Breakfast Pizza Bagel *Avocado Toast with Hard-boiled Egg *NutriGrain Bar with Cheese stick and yogurt *Assorted Cereal Wk3 14	*Egg, Cheese, Turkey Bacon Croissant *Apple Strudel *Assorted Breakfast Breads *Assorted Cereal 15	*Maple Waffle Panini with Turkey Sausage, Egg, and Cheese *Assorted Breakfast Bars *Assorted Cereal 16	*Egg, Cheese, Turkey Sausage on Bagel *Chocolate Crescent Roll *Assorted Muffins *Assorted Cereal 17	*Egg, Cheese. Turkey Bacon on Pretzel Roll *Wowbutter and Jelly Uncrustable *Make Your Own Yogurt Parfait *Assorted Cereal 18
*Hot Honey Crispy Chicken Biscuit *Mini Pancakes *Mini Donuts *Assorted Cereal Wk4 21	*Egg, Cheese, Turkey Bacon Croissant *Cinni Mini-Bagels *Assorted Breakfast Breads *Assorted Cereal 22	HAPPY Holidays!		

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