UPPER MERION AREA HIGH 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, 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:** *Cheese Pizza-V **Fresh Cold Deli Station:** *Turkey and Cheese Hoagie *Triple Decker PBJ-V **Grille Station:** served with fixing cup and bag of baked chips *Cheeseburger or Hamburger *Veggie Burger-V **Special of the Day:** *Walking Nachos with Fiesta Black Bean Salad **Melting Pot:** *Spaghetti and Meatballs with Garlic Toast 30	**Pizza Station:** *Cheese Pizza-V *Turkey Pepperoni Pizza **Fresh Cold Deli Station:** *Italian Hoagie *Chicken Caesar Salad **Grille Station:** served with a fixing cup and french fries *Spicy or Plain Crispy Chicken Sandwich *Veggie Nuggets with roll-V **Special of the Day:** *Cheesesteak on long roll with french fries **Melting Pot:** *Crispy Chicken with Corn Bread and Brussels Sprouts 1	**Pizza Station:** *Cheese Pizza-V *Chicken Bacon Ranch Pizza **Fresh Cold Deli Station:** *Turkey BLT Wrap *Sante Fe Salad **Grille Station:** *Breaded Mozzarella Sticks with marinara dipping cup-V **Special of the Day:** *Chicken Tamales with Cheese, Salsa Verde, Refried Beans, & Corn Cheese Enchiladas-V **Melting Pot:** *Chicken Cacciatore over Pasta 2	**Pizza Station:** *Cheese Pizza-V *Italian Sausage Crumble Pizza **Fresh Cold Deli Station:** *Spicy Breaded Chicken Hoagie *Chicken Caesar Salad **Grille Station:** *Grilled Cheese with Tomato Soup-V **Melting Pot and Special of Day:** *French Toast Sticks with Turkey Sausage, Bacon, & Hash Browns 3	**Pizza Station:** *Cheese Pizza-V *BBQ Chicken Pizza **Fresh Cold Deli Station:** *Asian Inspired Chicken Chopped Salad *Nacho Kit-V **Grille Station:** *Turkey Keilbasa on long roll with fries and Spicy Aioli **Melting Pot: and Special of the Day:** *Chicken Tender Basket with fries and dinner roll 4
Wk2 **Pizza Station:** *Cheese Pizza-V **Fresh Cold Deli Station:** *Turkey and Cheese Hoagie *Triple Decker PBJ-V **Grille Station:** served with a fixing cup and a bag of baked chips *Bacon Cheeseburger or Hamburger *Veggie Burger-V **Special of the Day** *Cinnamon Bun, Cheesy Omlette and Seasoned Homefries **Melting Pot:** *TurkeyandBean Chili topped with Cheese, Baked Potato, Cornbread and Roll 7	**Pizza Station:** *Cheese Pizza-V *Turkey Pepperoni Pizza **Fresh Cold Deli Station:** *Turkey and Cheese Wrap *Chicken Caesar Salad **Grille Station:** served with fixing cup and French fries *Spicy or Plain Crispy Chicken Sandwich *Veggie Nuggets with roll-V **Melting Pot** *Open-Faced Turkey Sandwich with Mashed Potatoes and Gravy **Special of the Day:** *Pepper Jack Chicken Panini & Pesto Minestrone Vegetable Soup 8	**Pizza Station:** *Cheese Pizza-V *Veggie Pizza-V **Fresh Cold Deli Station:** *Chicken Salad on Kaiser *Chicken Tender Salad **Grille Station:** *Bosco Bread Sticks with Marinara dipping cup-V **Special of the Day:** *Homemade Italian Stromboli w/ Steamed Vegs and Side Salad **Melting Pot:** *NY Cart Style Chicken with Yellow Rice, Lettuce, Tomato, Yogurt Sauce and or Harissa 9	**Pizza Station:** *Cheese Pizza-V *Italian Sausage Crumble Pizza **Fresh Cold Deli Station:** *Turkey BLT Club Sandwich *Chicken Caesar Salad **Grille Station:** *Pepperoni and Cheese Calzone with Marinara Dipping Sauce **Special of the Day:** *Macaroni and Cheese with a roll & steamed mixed vegetables-V **Melting Pot:** *Honey Sriracha Chicken over Rice with Oriental Vegetables & Spring Roll 10	**Pizza Station:** *Cheese Pizza-V *Buffalo Chicken Pizza **Fresh Cold Deli Station:** *Tossed Green Salad with Hummus and Sunchips-V *Assorted Cereal Kit-V **Grille Station:** *All Beef Hot Dog(s) on a bun with Baked Beans, & Onion Rings **Special of the Day:** *Meatball Parm Sub served with a side salad **Melting Pot:** *Lemon Butter Chicken over pasta served with Asparagus 11

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Wk3 **Pizza Station:** *Cheese Pizza-V **Fresh Cold Deli Station:** *Turkey and Cheese Hoagie *Triple Decker PBJ-V **Grille Station:** served with fixing cup and bag of baked chips *Cheeseburger or Hamburger *Veggie Burger-V **Special of the Day:** *Buffalo Chicken over Waffle Fries and chipped green onions **Melting Pot:** *Popcorn Chicken Bowl with Cornbread loaf 14	**Pizza Station:** *Cheese Pizza-V *Turkey Pepperoni Pizza **Fresh Cold Deli Station:** *Italian Hoagie *Chicken Caesar Salad **Grille Station:** served with a fixing cup and french fries *Spicy or Plain Crispy Chicken Sandwich *Veggie Nuggets with roll-V **Special of the Day:** *Pasta Bar- Pick you own pasta, sauce, and protein with garlic bread-V **Melting Pot:** *Chicken Chipotle Bowl 15	**Pizza Station:** *Cheese Pizza-V *Hawaiian Pizza **Fresh Cold Deli Station:** *Turkey BLT Wrap *Sante Fe Salad **Grille Station:** *Breaded Mozzarella Sticks with marinara dipping cup-V **Special of the Day:** *StateFair Turkey Corndog with BBQ Baked Beans **Melting Pot:** *Indian Butter Chicken over Rice served with Pita and Broccoli 16	**Pizza Station:** *Cheese Pizza-V *Italian Sausage Crumble Pizza **Fresh Cold Deli Station:** *Spicy Breaded Chicken Hoagie *Chicken Caesar Salad **Grille Station:** *Grilled Cheese with Tomato Soup-V **Special of the Day:** * Perogies with Roasted Peppers& Onions and a dinner roll-V **Melting Pot:** *Beef Lo Mein with Broccoli and Oriental Mixed Vegetables 17	**Pizza Station:** *Cheese Pizza-V *BBQ Chicken Pizza **Fresh Cold Deli Station:** *Chopped Turkey and Bacon Salad *Nacho Kit-V **Grille Station:** *Chicken Tender Basket with fries and dinner roll **Melting Pot and Special of Day:** *Pancakes with Turkey Sausage and Hashbrowns with a topping bar 18
Pizza Station: *Cheese Pizza-V **Fresh Cold Deli Station:** *Sandwich of the day *Triple Decker PBJ-V **Grille Station:** served with a fixing cup and a bag of baked chips *Bacon Cheeseburger or Hamburger *Veggie Burger-V **Special of the Day:** *Chef Special **Melting Pot:** *Chef Special Triple Chocolate Fudge Filled Cookie 21	***Early Dismissal only breakfast will be served*** 22	HAPPY HOLIDAYS 23	24	 25

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