DECEMBER

ELEMENTARY LUNCH MENU

CALEY, CANDLEBROOK, GULPH, & ROBERTS

*Every student can select one *main entree and their choice of fruits and vegetables daily. 1% White Milk and Fat Free Chocolate Milk are also offered with each meal. Entree's labeled with "V" stand for vegetarian*

Meal Pricing: Lunch
Free/Reduced-At no cost
Full Paid- $3.00
Served Daily:

Milk: 1% White, Fat Free White and or Chocolate Milk
-May only choose 1-
Fruit: Apple Slices, applesauce, and Fruit of the Day
-May only choose 2-
Vegetable: Baby Carrots and the Veggie of the Day
-May only choose 2-
Condiments and Dressing are offered if part of the meal

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.
For recipes, activities, & book suggestions
CLICK HERE

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.

SCAN ME

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-Chicken Nuggets and Smile Fries 2- Cheese Pizza Slice-V 3-Warm Pretzel and Cheese Grab and Go-V *Broccoli Florets* *Banana* Wk1 30	1-Cheeseburger on bun 2-Grilled Cheese with Tomato Soup-V 3- Popcorn Chicken Garden Salad with dinner roll *Steamed Green Beans* *Mixed Fruit Cup* 1	1- Cinnamon Roll with Cheesy Egg Omelette & Hash Browns- 2- Cheesy Egg Bites with a Bagel and Hash Browns- V 3-Turkey and Cheese Hoagie with Lettuce, Tomato *Cucumber Slices* *Pear Fruit Cup* 2	1-Italian Meatball Sub on roll 2-Breaded Mozzarella Cheese Sticks with marinara dipping Sauce-V 3- Nachos Kit Grab and Go with cheese and salsa cup-V *Steamed Broccoli* *Peach Fruit Cup* 3	1-Mini Turkey Corn Dogs with baked beans 2-Chicken Tenders, French Fries & roll 3- Assorted Cereal, yogurt, cheese Grab and Go-V *Assorted Veggie Cup* *Grapes* 4
1-Black Bean Veggie Burger with Cheese-V 2-Cheese Pizza Slice-V 3- Yogurt and Cheese Stick Grab and Go-V *Broccoli Florets* *Banana* Wk2 7	1- Macaroni and Cheese with a dinner roll-V 2-Grilled Cheese with Tomato Soup-V 3- Chicken Tender Wrap *Steamed Yellow Corn* *Mixed Fruit Cup* 8	1- Fish Sticks with dinner roll 2- Chopped Chef Salad with Egg-V 3- Sunbutter&Jelly-V *Sliced Bell Peppers* *Pear Fruit Cup* 9	1-Cherry Blossom Chicken brown Rice & fortune cookie 2-Breaded Mozzarella Cheese Sticks with marinara dipping Sauce-V 3- Turkey Bacon Wrap *Steamed Green Peas* *Peach Fruit Cup* 10	1-Walking Beef Nachos 2-Chicken Tenders, French Fries and a roll 3- Make Your Own Pizza Grab and Go-V *Celery Sticks* *Dried Cherries* 11
1-Spaghetti & Meatballs in sauce with a dinner roll 2-Cheese Pizza Slice-V 3- Warm Pretzel and Cheese Grab and Go-V *Broccoli Florets* *Banana* Wk3 14	1-Popcorn Chicken and Dutch Waffle 2-Grilled Cheese with Tomato Soup-V 3- Popcorn Chicken Garden Salad Brussel Sprouts *Mixed Fruit Cup* 15	1-French Toast Sticks ,Cheese stick, Yogurt & Hash Browns-V 2- Cheesy Egg Bites and Hash Browns- V 3- Turkey and Cheese Hoagie with Lettuce, Tomato *Cucumber Slices* *Pear Fruit Cup* 16	1-Mini Cheesesteak Sandwich 2-Breaded Mozzarella Cheese Sticks with marinara dipping Sauce-V 3-Nachos Kit Grab and Go with cheese and salsa cup-V *Sweet Potato Fries* *Peach Fruit Cup* 17	1-All Beef Hot Dog with baked beans 2-Chicken Tenders, French Fries & roll 3- Assorted Cereal, yogurt, cheese Grab and Go-V *Assorted Veggie Cup* *Grapes* 18
1-Chef Special 2-Cheese Pizza Slice-V 3- Chef Special -V Assorted Vegetable Triple Chocolate Fudge Filled Cookie *Assorted Fruit* Wk4 21	*Early Dismissal only breakfast will be served* 22	HAPPY HOLIDAYS 23	24	 25