



School Meal Prices 2016-17

On the Run Breakfast- \$1.15
Before Care Breakfast Club: No Charge
Cool School Lunch: \$2.35
Milk: \$0.55
 Payment Options: Cash, Check
 (made payable to Upper Moreland Food Service) or
www.SchoolCafe.com!

Available Daily

Available Daily Entrees:

Brunch for Lunch- Cereal & Yogurt Pack
 Assorted Sandwiches & Salads
 (Turkey, Ham, Cheese, Chicken Salad,
 Tuna, Egg & Caesar)

NEW! SunButter and Jelly Sandwich

Assorted Daily Sides Include:

Fresh veggies, Hot veggies, Fresh Fruit, Canned
 Fruit, 100% Fruit Juice, 1% White Milk,
 Skim Flavored & Unflavored Milk

Fresh Veggies May Include:

Caesar/Tossed Salads, Carrots, Chickpeas,
 Tomatoes, Cucumbers, Celery Sticks, Broccoli

Fresh Fruit May Include:

Apples, Oranges, Pears, Grapes, Bananas,
 Melons, Strawberries, Blueberries, Peaches

Canned Fruit May Include:

Pineapple, Mandarin Oranges, Peaches,
 Pears, Applesauce, Mixed Fruit

100% Fruit Juice May Include:

Grape, Apple, Orange, Fruit Punch

Monday, January 2

HAPPY NEW YEAR!

See you back in the cafeteria tomorrow!

Tuesday, January 3

BREAKFAST

1. Poptart
2. Assorted Cereal & Yogurt

LUNCH
Taco Tuesday!

1. Beef & Cheese Soft Taco
2. Cheese or Pepperoni Stuff Crust Pizza
3. Grab & Go Sandwich & Salads

Wed., January 4

BREAKFAST

1. Cinnamon Bun
2. Assorted Cereal & Cheese Stick

LUNCH
Breakfast for Lunch!

1. Mini Pancakes w/Turkey Sausage Links
2. Mini Chicken Drumsticks w/Roll
3. Grab & Go Sandwich & Salads

Thursday, January 5

BREAKFAST

1. Egg & Cheese Sandwich
2. Assorted Cereal & Yogurt

LUNCH

1. Burger/Cheeseburger on Bun
2. Popcorn Chicken w/Brown Rice
3. Grab & Go Sandwich & Salads

Friday, January 6

BREAKFAST

1. Breakfast Pastry
2. Assorted Cereal & Cheese Stick

LUNCH

1. Cheese Steak Sandwich
2. Mickey's Pizza
3. Grab & Go Sandwich & Salads

Monday, January 9

BREAKFAST

1. Mini French Toast
2. Assorted Cereal & Cheese Stick

LUNCH

1. Macaroni & Cheese w/Roll
2. Chicken Smackers w/Roll
3. Grab & Go Sandwich & Salads

Tuesday, January 10

BREAKFAST

1. Breakfast Pizza
2. Assorted Cereal & Yogurt

LUNCH
Nacho Tuesday!

1. Nachos w/Beef & Cheese
2. Grilled Cheese w/Tomato Soup
3. Grab & Go Sandwich & Salads

Wed., January 11

BREAKFAST

1. Cinnamon Bun
2. Assorted Cereal & Cheese Stick

LUNCH
Breakfast for Lunch!

1. French Toast w/Egg & Sausage
2. Pulled Pork Sandwich
3. Grab & Go Sandwich & Salads

Thursday, January 12

BREAKFAST

1. Sausage & Cheese Sandwich
2. Assorted Cereal & Yogurt

LUNCH

1. Maxx Stixx w/Dipping Sauce
2. Chicken Tenders w/Roll
3. Grab & Go Sandwich & Salads

Friday, January 13

BREAKFAST

1. Breakfast Pastry
2. Assorted Cereal & Cheese Stick

LUNCH

1. Hot Dog on Bun w/Sauerkraut
2. Mickey's Pizza
3. Grab & Go Sandwich & Salads

The School District of Upper Moreland has made it faster and easier for parents to apply for free and reduced meals!

To get started, visit: www.paschoolmeals.com

This institution is an equal opportunity provider.

Pick 3!

TAKE AT LEAST THREE COMPONENTS-ONE MUST BE A FRUIT OR VEGETABLE. MILK IS AVAILABLE, BUT NOT REQUIRED

COMPONENTS ARE:
 MEAT/MEAT ALTERNATE, GRAIN,
 FRUIT, VEGETABLE, MILK

Breakfast & Lunch

Monday, January 16

No School!

Martin Luther King Jr. Day

Tuesday, January 17

BREAKFAST

1. Poptart
2. Assorted Cereal & Yogurt

LUNCH

Nacho Tuesday!

1. Nachos w/Beef & Cheese
2. Meatball Sandwich
3. Grab & Go Sandwich & Salads

Wed., January 18

BREAKFAST

1. Cinnamon Bun
2. Assorted Cereal & Cheese Stick

LUNCH

Breakfast for Lunch!

1. Mini Pancakes w/Turkey Sausage Links
2. Regular or Spicy Chicken Patty on a Bun
3. Grab & Go Sandwich & Salads

Thursday, January 19

BREAKFAST

1. Turkey Bacon & Cheese Sandwich
2. Assorted Cereal & Yogurt

LUNCH

1. Mini Corn Dogs
2. Burger/Cheeseburger on Bun
3. Grab & Go Sandwich & Salads

Friday, January 20

BREAKFAST

1. Breakfast Pastry
2. Assorted Cereal & Cheese Stick

LUNCH

1. Oven Roasted Chicken w/Breadstick
2. Mickey's Pizza
3. Grab & Go Sandwich & Salads

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Fresh Veggies May Include:

Caesar/Tossed Salads, Carrots, Chickpeas, Tomatoes, Cucumbers, Celery Sticks, Broccoli

Fresh Fruit May Include:

Apples, Oranges, Pears, Grapes, Bananas, Melons, Strawberries, Blueberries, Peaches

Canned Fruit May Include:

Pineapple, Mandarin Oranges, Peaches, Pears, Applesauce, Mixed Fruit

100% Fruit Juice May Include:

Grape, Apple, Orange, Fruit Punch

Monday, January 23

BREAKFAST

1. Mini French Toast
2. Assorted Cereal & Cheese Stick

LUNCH

1. Pasta & Meatballs w/Breadstick
2. Regular or Spicy Chicken Patty on a Bun
3. Grab & Go Sandwich & Salads

Tuesday, January 24

BREAKFAST

1. Breakfast Pizza
2. Assorted Cereal & Yogurt

LUNCH

Taco Tuesday!

1. Beef & Cheese Soft Taco
2. Cheese or Pepperoni Stuff Crust Pizza
3. Grab & Go Sandwich & Salads

Wed., January 25

BREAKFAST

1. Cinnamon Bun
2. Assorted Cereal & Cheese Stick

LUNCH

Breakfast for Lunch!

1. French Toast w/Egg & Sausage
2. Mini Chicken Drumsticks w/Roll
3. Grab & Go Sandwich & Salads

Thursday, January 26

BREAKFAST

1. Egg & Cheese Sandwich
2. Assorted Cereal & Yogurt

LUNCH

1. Burger/Cheeseburger on Bun
2. Hot Turkey Lunch Gravy & Mashed Potatoes
3. Grab & Go Sandwich & Salads

Friday, January 27

BREAKFAST

1. Breakfast Pastry
2. Assorted Cereal & Cheese Stick

LUNCH

1. Cheese Steak Sandwich
2. Mickey's Pizza
3. Grab & Go Sandwich & Salads

Monday, January 30

BREAKFAST

1. Mini French Toast
2. Assorted Cereal & Cheese Stick

LUNCH

1. Macaroni & Cheese w/Roll
2. Chicken Smackers w/Roll
3. Grab & Go Sandwich & Salads

Tuesday, January 31

BREAKFAST

1. Poptart
2. Assorted Cereal & Yogurt

LUNCH

Nacho Tuesday!

1. Nachos w/Beef & Cheese
2. Grilled Cheese w/Tomato Soup
3. Grab & Go Sandwich & Salads

Wed., February 1

BREAKFAST

1. Cinnamon Bun
2. Assorted Cereal & Cheese Stick

LUNCH

Breakfast for Lunch!

1. Mini Pancakes w/Turkey Sausage Links
2. Pulled Pork Sandwich
3. Grab & Go Sandwich & Salads

Thursday, February 2

BREAKFAST

1. Sausage & Cheese Sandwich
2. Assorted Cereal & Yogurt

LUNCH

1. Maxx Stixx w/Dipping Sauce
2. Chicken Tenders w/Roll
3. Grab & Go Sandwich & Salads

Friday, February 3

BREAKFAST

1. Breakfast Pastry
2. Assorted Cereal & Cheese Stick

LUNCH

1. Hot Dog on Bun w/Sauerkraut
2. Mickey's Pizza
3. Grab & Go Sandwich & Salads

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Menu Subject to Change*