



# School Meals Rock! Upper Moreland Food Services

SERVING OUR FUTURE, ONE MEAL AT A TIME!

FALL 2016

## What's Cooking in UM Food Service?

Dear Parents and Students,

Welcome back to another year in Upper Moreland! Check out all the new and exciting things happening within the department this year! If you have any questions or suggestions, please do not hesitate to contact the food service department.

Have a happy, healthy school year and see you in the lunch line!

Melissa L. Harding, SNS  
Food Service Director

### Launch Your Day with Breakfast!

Wake up and fuel up to help your day take off! Every day we serve several options for breakfast in all of our schools. Breakfast starts before the first bell so students can hop off the bus and stop in the cafeteria to start their day off right. Studies show a complete breakfast will help students focus more in class and have better test scores!

This year we are offering a variety of new choices, including fresh fruit smoothies and yogurt parfaits at the Middle and High Schools! Each week we offer a different flavor for our students to try. Encourage your students to grab breakfast before they head to class in the morning!

### UM Cubby Garden

The Upper Moreland Cubby Garden is located behind the Primary School! Each year, students from the Primary school plant seeds with their class in the garden. They can watch their seeds grow during recess each day and learn about how seeds turn into plants in the classroom!

When possible, Food Service picks the produce grown in the garden and serves it in the cafeteria! Last year we were able to offer lettuce, kale chips, tomatoes and herbs from our garden to students at lunch. We were also able to decorate our cafeterias with pumpkins and sunflowers from the Cubby Garden!

If you are interested in helping in the Cubby Garden, we are always accepting volunteers. Please email Melissa Harding at [mharding@umtsd.org](mailto:mharding@umtsd.org) for more information!

### Frecon Farm Partnership

This year we are partnering with Frecon Farms for another season of fresh local apples! Frecon Farms is located in Boyertown, PA. They provide us with weekly deliveries of their fresh local apples that were picked just for us! Make sure you pick up a local farm-fresh apple when you are in the lunch line!



### New Meal Prices for 2016-17

#### Breakfast:

Reduced Price	\$0.30
Primary/Intermediate	\$1.15
Middle School	\$1.15
High School	\$1.25

#### Lunch:

Reduced Price	\$0.40
Primary/Intermediate	\$2.35
Middle School	\$2.60
High School	\$3.15

#### Adults/Visitors/Staff

Breakfast	\$2.00
Lunch	\$3.85

### UM Wellness Committee

Join our Upper Moreland Wellness Committee! Work with a team of Upper Moreland staff to support local wellness in our schools! The district wellness committee meets four times per year. We work on activities such as Warm Coat Drive, Student Recipe Contests and updating the Local School Wellness Policy. For more information or to join our committee contact our chair, Sue Bell, at [SBell@umtsd.org](mailto:SBell@umtsd.org)!

### SCHOOL CAFÉ Payment Website

Parent Online has changed its name to School Café! Don't worry-Your account username and password, along with any account balances, have remained the same! The new website is [www.SchoolCafe.com](http://www.SchoolCafe.com) but if you go to the old Parent Online website, you will still be directed to the new website as well.

School Café is our optional online payment website where you can add money to your students' accounts with a credit card. The website also allows you to check account balances, see what your child has been purchasing in the cafeteria and set up automatic payments.

To get started online, visit:

[www.SchoolCafe.com](http://www.SchoolCafe.com)

Questions? 215-830-1522

There is a 5% transaction fee for online payments. Credit card payments are only subject to this transaction fee, checks and cash are also accepted with no additional fee.

### Cafeteria Payment Options

-Credit/Debit Card: Can only be charged online at [www.SchoolCafe.com](http://www.SchoolCafe.com).

-Cash & Checks made payable to Upper Moreland Food Services. Remember to include your students' full name and PIN number.

For more information visit the Food Service webpage at [www.umtsd.org](http://www.umtsd.org).

### Upper Moreland Food Service

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Looking for a part time job that coincides with your students' school schedule? Apply for a job in the Upper Moreland Food Service Department! You're off when your children are off! Apply now at [www.umtsd.org](http://www.umtsd.org)

