



**School Meal Prices 2016-17**

**Breakfast Club- \$1.25**

**Cool School Lunch: \$3.15**

**Milk: \$0.60**

Payment Options: Cash, Check  
(made payable to Upper Moreland  
Food Service)  
or [www.SchoolCafe.com](http://www.SchoolCafe.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 2**

**HAPPY  
NEW YEAR!**

*See you back in  
the cafeteria  
tomorrow!*

**Tuesday, January 3**

**Breakfast Choices**

Sausage & Cheese Biscuit  
or Breakfast Pastry

**Lunch Choices**

***Changing Scenes***

Chicken Smackers  
w/Roll

***Fast Track***

Walking Taco  
Chicken Patty  
Regular or Spicy

***Pizza Station***

Pizza Quesadilla

**Wed., January 4**

**Breakfast Choices**

Breakfast Pizza or  
Fresh Fruit Smoothie

**Lunch Choices**

***Changing Scenes***

Chicken & Waffles

***Fast Track***

Southern BBQ Burger  
Grilled Cheese  
on Texas Toast

***Pizza Station***

BBQ Chicken or  
Plain Pan Pizza

**Thursday, January 5**

**Breakfast Choices**

Egg Muffin or  
Pancakes

**Lunch Choices**

***Changing Scenes***

Meatball Sub

***Fast Track***

Oven Baked Chicken  
w/Breadstick  
Cheesesteak Sandwich

***Pizza Station***

Stuffed Crust Pizza

**Friday, January 6**

**Breakfast Choices**

Breakfast Pastry or  
Waffle

**Lunch Choices**

***Changing Scenes***

Maxx Stixx  
w/Dipping Sauce

***Fast Track***

Chicken Parm Sandwich  
Popcorn Chicken w/Roll

***Pizza Station***

Buffalo Chicken or Plain

**Monday, January 9**

**Breakfast Choices**

Egg Burrito or  
French Toast Stixx

**Lunch Choices**

***Changing Scenes***

Chicken Smackers  
w/Roll

***Fast Track***

Bacon, Egg & Cheese  
Sandwich  
Meatball Sub

***Pizza Station***

Plain or Pepperoni  
French Bread

**Tuesday, January 10**

**Breakfast Choices**

Sausage & Cheese Biscuit  
or Breakfast Pastry

**Lunch Choices**

***Changing Scenes***

Nachos

***Fast Track***

Mini Corn Dogs  
Chicken Patty  
Regular or Spicy

***Pizza Station***

Pizza Quesadilla

**Wed., January 11**

**Breakfast Choices**

Breakfast Pizza or  
Fresh Fruit Smoothie

**Lunch Choices**

***Changing Scenes***

Fish & Chips Basket

***Fast Track***

Buffalo Chicken  
Cheesesteak  
Mozzarella Sticks  
w/Dipping Sauce

***Pizza Station***

BBQ Chicken or  
Plain Pan Pizza

**Thursday, January 12**

**Breakfast Choices**

Egg Muffin or  
Pancakes

**Lunch Choices**

***Changing Scenes***  
Assorted Hoagies w/Chips

***Fast Track***

Chicken Smackers w/Roll  
Hot Dog on Bun

***Pizza Station***

Stuffed Crust Pizza

**Friday, January 13**

**Breakfast Choices**

Breakfast Pastry or  
Waffle

**Lunch Choices**

***Changing Scenes***  
Bacon Cheeseburger

***Fast Track***

Big Burrito  
Rib B Que Sandwich

***Pizza Station***

Buffalo Chicken or Plain

**Available Daily**

**Available Daily Breakfast Choices:**

Yogurt Parfait, Cereal/Bar & Cheese Stick or Yogurt,  
Breakfast Pastry

**Available Daily Lunch Choices:**

Daily Grab & Go Assorted Sandwiches:

Turkey, Italian, Ham, Chicken Salad, Tuna, Egg Salad

Daily Grab & Go Assorted Salads May Include:

Chicken Caesar, Chef, Tuna, Chicken Bacon Ranch,  
Popcorn Chicken, Chicken Salad, Egg Salad

**Assorted Daily Sides Include:**

Get Fresh Salad Bar, 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,  
Peppers, Cucumbers, Celery, 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

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](http://www.paschoolmeals.com)

Monday, January 16

**No School!**

**Martin Luther King Jr. Day**

Tuesday, January 17

**Breakfast Choices**

Sausage & Cheese Biscuit or Breakfast Pastry

**Lunch Choices**

**Changing Scenes**

General TSO's Chicken w/Vegetable Fried Rice

**Fast Track**

Meatball Sub  
Chicken Patty  
Regular or Spicy

**Pizza Station**

Pizza Quesadilla

Wed., January 18

**Breakfast Choices**

Breakfast Pizza or Fresh Fruit Smoothie

**Early Dismissal**  
**No Lunch Today!**

Thursday, January 19

**Breakfast Choices**

Egg Muffin or Pancakes

**Early Dismissal**  
**No Lunch Today!**

Friday, January 20

**Breakfast Choices**

Breakfast Pastry or Waffle

**Early Dismissal**  
**No Lunch Today!**



Monday, January 23

**Breakfast Choices**

Egg Burrito or French Toast Sticks

**Lunch Choices**

**Changing Scenes**

Lasagna

**Fast Track**

Turkey BLT Sandwich  
Mozzarella Sticks  
w/Dipping Sauce

**Pizza Station**

Plain or Pepperoni  
French Bread

Tuesday, January 24

**Breakfast Choices**

Sausage & Cheese Biscuit or Breakfast Pastry

**Lunch Choices**

**Changing Scenes**

Chicken Smackers  
w/Roll

**Fast Track**

Walking Taco  
Chicken Patty  
Regular or Spicy

**Pizza Station**

Pizza Quesadilla

Wed., January 25

**Breakfast Choices**

Breakfast Pizza or Fresh Fruit Smoothie

**Lunch Choices**

**Changing Scenes**

Chicken & Waffles

**Fast Track**

Southern BBQ Burger  
Grilled Cheese  
on Texas Toast

**Pizza Station**

BBQ Chicken or Plain Pan Pizza

Thursday, January 26

**Breakfast Choices**

Egg Muffin or Pancakes

**Lunch Choices**

**Changing Scenes**

Meatball Sub

**Fast Track**

Oven Baked Chicken  
w/Breadstick  
Cheesesteak Sandwich

**Pizza Station**

Stuffed Crust Pizza

Friday, January 27

**Breakfast Choices**

Breakfast Pastry or Waffle

**Lunch Choices**

**Changing Scenes**

Maxx Stixx  
w/Dipping Sauce

**Fast Track**

Chicken Parm Sandwich  
Popcorn Chicken w/Roll

**Pizza Station**

Buffalo Chicken or Plain

Monday, January 30

**Breakfast Choices**

Egg Burrito or French Toast Stixx

**Lunch Choices**

**Changing Scenes**

Chicken Smackers  
w/Roll

**Fast Track**

Bacon, Egg & Cheese  
Sandwich  
Meatball Sub

**Pizza Station**

Plain or Pepperoni  
French Bread

Tuesday, January 31

**Breakfast Choices**

Sausage & Cheese Biscuit or Breakfast Pastry

**Lunch Choices**

**Changing Scenes**

Nachos

**Fast Track**

Mini Corn Dogs  
Chicken Patty  
Regular or Spicy

**Pizza Station**

Pizza Quesadilla

Wed., February 1

**Breakfast Choices**

Breakfast Pizza or Fresh Fruit Smoothie

**Lunch Choices**

**Changing Scenes**

Fish & Chips Basket

**Fast Track**

Buffalo Chicken  
Cheesesteak  
Mozzarella Sticks  
w/Dipping Sauce

**Pizza Station**

BBQ Chicken or Plain Pan Pizza

Thursday, February 2

**Breakfast Choices**

Egg Muffin or Pancakes

**Lunch Choices**

**Changing Scenes**

Assorted Hoagies w/Chips

**Fast Track**

Chicken Smackers w/Roll  
Hot Dog on Bun

**Pizza Station**

Stuffed Crust Pizza

Friday, February 3

**Breakfast Choices**

Breakfast Pastry or Waffle

**Lunch Choices**

**Changing Scenes**

Bacon Cheeseburger

**Fast Track**

Big Burrito  
Rib B Que Sandwich

**Pizza Station**

Buffalo Chicken or Plain

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Melons, Strawberries, Blueberries, Peaches

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