



School Meal Prices 2016-17
Breakfast- \$1.15
Cool School Lunch: \$2.60
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 Club
 Yogurt Parfait Or Breakfast Pastry

Lunch Choices
Main Line
 Nachos

Fast Track
 Hamburger/Cheeseburger
 Hot Dog Basket
 Onion Rings

Salad Bar
 Chicken Tender Wrap

Wed., January 4

Breakfast Club
 Ham & Cheese Sandwich
 Or Breakfast Pizza

Lunch Choices
Main Line
 Personal Pizza

Fast Track
 Maxx Sticks
 w/Dipping Sauce OR
 Chicken Caesar Salad

Salad Bar
 Assorted Hoagies w/Chips

Thursday, January 5

Breakfast Club
 Fresh Fruit Smoothie
 Or French Toast

Lunch Choices
Main Line
 Chicken & Waffles

Fast Track
 Meatball Sub

Salad Bar
 Appetizer Basket

Friday, January 6

Breakfast Club
 Sausage & Cheese Sandwich
 Or Breakfast Pastry

Lunch Choices
Main Line
 Cheese Steak Sandwich

Fast Track
 Chicken Patty

Salad Bar
 Bacon, Egg & Cheese Sandwich

Monday, January 9

Breakfast Choices
 Egg & Cheese Sandwich
 Or Pancakes

Lunch Choices
Main Line
 Chicken Fajitas

Fast Track
 Bacon Cheeseburger
 Slider Basket

Salad Bar
 Stuffed Crust Pizza

Tuesday, January 10

Breakfast Club
 Yogurt Parfait Or Breakfast Pastry

Lunch Choices
Main Line
 Cheese Steak Sandwich

Fast Track
 Chicken Patty

Salad Bar
 Chicken Drumsticks & Fries

Wed., January 11

Breakfast Club
 Ham & Cheese Sandwich
 Or Breakfast Pizza

Lunch Choices
Main Line
 French Bread Pizza

Fast Track
 Chicken Tenders w/Roll

Salad Bar
 Assorted Hoagies w/Chips

Thursday, January 12

Breakfast Club
 Fresh Fruit Smoothie
 Or French Toast

Lunch Choices
Main Line
 Nachos

Fast Track
 Variety Wraps OR Popcorn
 Chicken Salad

Salad Bar
 Wings Basket

Friday, January 13

Breakfast Club
 Sausage & Cheese Sandwich
 Or Breakfast Pastry

Lunch Choices
Main Line
 Breakfast for Lunch

Fast Track
 Cheddar Chicken Bacon Sandwich

Salad Bar
 Chicken Smackers w/Roll

Available Daily

Available Daily Entrees:
 Brunch for Lunch- Cereal & Yogurt Pack
 Sunbutter & Jelly Sandwich

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, Broccoli, Celery,
 Cucumbers, Peppers, Tomatoes, Chickpeas

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

Menu Subject to Change*

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

Monday, January 16

No School!

Martin Luther King Jr. Day

Tuesday, January 17

Breakfast Club

Yogurt Parfait Or
Breakfast Pastry

Lunch Choices

Main Line

Mozzarella Sticks
w/Dipping Sauce

Fast Track

Beef or Carnitas Tacos

Salad Bar

Chicken Tenders w/Roll

Wed., January 18

Breakfast Club

Ham & Cheese Sandwich
Or Breakfast Pizza

Lunch Choices

Main Line

Personal Pizza

Fast Track

Chicken Caesar Salad OR
Chicken Patty Sandwich

Salad Bar

Assorted Hoagies w/Chips

Thursday, January 19

Breakfast Club

Fresh Fruit Smoothie
Or French Toast

Lunch Choices

Main Line

Grilled Cheese on
Texas Toast

Fast Track

Hamburger or
Cheeseburger

Salad Bar

Chicken Smackers
w/Roll

Friday, January 20

Breakfast Club

Sausage & Cheese
Sandwich
Or Breakfast Pastry

Lunch Choices

Main Line

Big Daddy's Pizza

Fast Track

Cheese Steak Sandwich

Salad Bar

Hot Dog Basket

Available Daily

Available Daily Entrees:

Brunch for Lunch- Cereal & Yogurt Pack
Sunbutter & Jelly Sandwich

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, Broccoli, Celery,
Cucumbers, Peppers, Tomatoes, Chickpeas

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

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Monday, January 23

Breakfast Choices

Egg & Cheese Sandwich
Or Pancakes

Lunch Choices

Main Line

Chicken Smackers w/Roll

Fast Track

Rib B Que Sandwich

Salad Bar

Stuffed Crust Pizza

Tuesday, January 24

Breakfast Club

Yogurt Parfait Or
Breakfast Pastry

Lunch Choices

Main Line

Nachos

Fast Track

Hamburger/Cheeseburger
Hot Dog Basket
Onion Rings

Salad Bar

Chicken Tender Wrap

Wed., January 25

Breakfast Club

Ham & Cheese Sandwich
Or Breakfast Pizza

Lunch Choices

Main Line

Personal Pizza

Fast Track

Bosco Sticks
w/Dipping Sauce OR
Chicken Caesar Salad

Salad Bar

Assorted Hoagies w/Chips

Thursday, January 26

Breakfast Club

Fresh Fruit Smoothie
Or French Toast

Lunch Choices

Main Line

Chicken & Waffles

Fast Track

Meatball Sub

Salad Bar

Appetizer Basket

Friday, January 27

Breakfast Club

Sausage & Cheese
Sandwich
Or Breakfast Pastry

Lunch Choices

Main Line

Tempura Chicken
W/Dipping Sauce & Roll

Fast Track

Chicken Patty

Salad Bar

Bacon, Egg & Cheese
Sandwich

Monday, January 30

Breakfast Choices

Egg & Cheese Sandwich
Or Pancakes

Lunch Choices

Main Line

Chicken Fajitas

Fast Track

Bacon Cheeseburger
Slider Basket

Salad Bar

Stuffed Crust Pizza

Tuesday, January 31

Breakfast Club

Yogurt Parfait Or
Breakfast Pastry

Lunch Choices

Main Line

Cheese Steak Sandwich

Fast Track

Chicken Patty

Salad Bar

Chicken Drumsticks &
Fries

Wed., February 1

Breakfast Club

Ham & Cheese Sandwich
Or Breakfast Pizza

Lunch Choices

Main Line

French Bread Pizza

Fast Track

Baked Chicken
w/Breadstick

Salad Bar

Assorted Hoagies w/Chips

Thursday, February 2

Breakfast Club

Fresh Fruit Smoothie
Or French Toast

Lunch Choices

Main Line

Nachos

Fast Track

Variety Wraps OR Popcorn
Chicken Salad

Salad Bar

Wings Basket

Friday, February 3

Breakfast Club

Sausage & Cheese
Sandwich
Or Breakfast Pastry

Lunch Choices

Main Line

Breakfast for Lunch

Fast Track

Cheddar Chicken Bacon
Sandwich

Salad Bar

Chicken Smackers
w/Roll

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

Menu Subject to Change*