

# APRIL 2021

## Upper Moreland School District Food & Nutrition Services Middle School Menu



### School Meal Pricing 20-21

**Breakfast– FREE thru June 30, 2021**

**Cool School Lunch: FREE thru June 30, 2021**

**See Price List posted on the Food Services page of the UMTSD.org website for single item charges, 2nd entrée and snacks**

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

## Pick 3!

**Components/Items**

- MEAT/MEAT ALTERNATIVE
- WHOLE GRAIN
- FRUIT
- VEGETABLE
- MILK

## Breakfast

A COMPLETE BREAKFAST CONTAINS AT LEAST 3 ITEMS. ONE MUST BE A FRUIT OR VEGETABLE.

## Lunch

A COMPLETE LUNCH CONTAINS AT LEAST 3 OUT OF THE 5 COMPONENTS LISTED. ONE MUST BE A FRUIT OR VEGETABLE. CHOOSE ALL 5 COMPONENTS FOR THE SAME PRICE!

**Monday, April 5**

**No School**

**Tuesday, April 6**

Choice 1. Cheese Steak Sandwich

Choice 2. Cheese Pizza Or Pepperoni Pizza

Choice 3. Grilled Chicken Caesar Salad

SIDES  
French Fries  
Mixed Fruit Cup

**Wed., April 7**

Early Dismissal

Grab and Go Lunch

**Choice 1** - Turkey and Cheese on a Club Roll  
**Choice 2** - Brunch 4 Lunch (Cheese Stick and Cereal)

**All Meals Include:**  
Vegetable  
Fruit  
Milk

**Thursday, April 8**

Choice 1. Meatball Sandwich

Choice 2. Cheese Pizza Or Pepperoni Pizza

Choice 3. Grilled Chicken Caesar Salad

SIDES  
Green Beans  
Peaches

**Friday, April 9**

Choice 1. Chicken and Cheese Quesadilla

Choice 2. Cheese Pizza Or Pepperoni Pizza

Choice 3. Grilled Chicken Caesar Salad

SIDES  
Black Beans and Corn  
Pears

### Salad Available Daily

**Grilled Chicken Caesar Salad**

**Includes a whole grain dinner roll**

**\*\*Remember your fruit and milk!**

**Monday, April 12**

Choice 1. Popcorn Chicken

Choice 2. Cheese Pizza Or Pepperoni Pizza

Choice 3. Grilled Chicken Caesar Salad

SIDES  
French Fries  
Mixed Fruit Cup

**Tuesday, April 13**

Choice 1. Double Bacon Cheese Burger

Choice 2. Cheese Pizza Or Pepperoni Pizza

Choice 3. Grilled Chicken Caesar Salad

SIDES  
Mashed Sweet Potatoes  
Peaches

**Wed., April 10**

Early Dismissal

Grab and Go Lunch

**Choice 1** - Turkey and Cheese on a Club Roll  
**Choice 2** - Brunch 4 Lunch (Cheese Stick and Cereal)

**All Meals Include:**  
Vegetable  
Fruit  
Milk

**Thursday, April 14**

Choice 1. Pasta and Meat Sauce with a Garlic Breadstick

Choice 2. Cheese Pizza Or Pepperoni Pizza

Choice 3. Grilled Chicken Caesar Salad

SIDES  
Broccoli  
Pears

**Friday, April 15**

Choice 1. Loaded Baked Potato with Roasted Chicken, Cheese and Bacon Crumbles served with Doritos

Choice 2. Cheese Pizza Or Pepperoni Pizza

Choice 3. Grilled Chicken Caesar Salad

SIDES  
Baby Carrots  
Peaches

**Choice of Milk included with ALL meals. 1% White or Chocolate Milk is available**

<b>Monday, April 19</b> Choice 1. Nachos with Cheese Sauce and Salsa & Tostitos  Choice 2. Cheese Pizza Or Pepperoni Pizza  Choice 3. Grilled Chicken Caesar Salad  <u>SIDES</u> Corn Mixed Fruit	<b>Tuesday, April 20</b> Choice 1: Meatball Sandwich with or without Cheese  Choice 2. Cheese Pizza Or Pepperoni Pizza  Choice 3. Grilled Chicken Caesar Salad  <u>SIDES</u> Green Beans Peaches	<b>Wed., April 21</b> Early Dismissal  Grab and Go Lunch  <u>Choice 1</u> - Turkey and Cheese on a Club Roll <u>Choice 2</u> - Brunch 4 Lunch (Cheese Stick and Cereal) <u>All Meals Include:</u> Vegetable Fruit Milk	<b>Thursday, April 22</b> Choice 1. Breaded Chicken Filet Sandwich—Regular or Hot and Spicy  Choice 2. Cheese Pizza Or Pepperoni Pizza  Choice 3. Grilled Chicken Caesar Salad  <u>SIDES</u> Baked Beans Pears	<b>Friday, April 23</b> Choice 1: Turkey Mashed Potato Bowl with Corn, Gravy and Breadstick  Choice 2. Cheese Pizza Or Pepperoni Pizza  Choice 3. Grilled Chicken Caesar Salad  <u>SIDES</u> Baby Carrots Peaches
<b>Monday, April 26</b> Choice 1. Grilled Cheese Sandwich with Tomato Soup  Choice 2. Cheese Pizza Or Pepperoni Pizza  Choice 3. Grilled Chicken Caesar Salad  <u>SIDES</u> French Fries Mixed Fruit	<b>Tuesday, April 27</b> Choice 1. Nacho Fries with Taco Meat and Queso Sauce  Choice 2. Cheese Pizza Or Pepperoni Pizza  Choice 3. Grilled Chicken Caesar Salad  <u>SIDES</u> Mashed Sweet Potatoes Peaches	<b>Wed., April 28</b> Early Dismissal  Grab and Go Lunch  <u>Choice 1</u> - Turkey and Cheese on a Club Roll <u>Choice 2</u> - Brunch 4 Lunch (Cheese Stick and Cereal) <u>All Meals Include:</u> Vegetable Fruit Milk	<b>Thursday, April 29</b> Choice 1. BBQ Chicken with BBQ Pulled Pork Sandwich  Choice 2. Cheese Pizza Or Pepperoni Pizza  Choice 3. Grilled Chicken Caesar Salad  <u>SIDES</u> Corn Pears	<b>Friday, April 30</b> Choice 1. Chicken and Pasta Alfredo  Choice 2. Cheese Pizza Or Pepperoni Pizza  Choice 3. Grilled Chicken Caesar Salad  <u>SIDES</u> Green Beans Peaches

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

All students are free through June 30, 2021. To make sure your Free and Reduced benefits carryover to the first 30 operating days of the 21-22 SY, be sure to complete an application today!! Remember to complete the Sharing of Information waiver and send back to the Food Services Department to receive the additional school district benefits of reduced field trip charges, laptop and testing fees.

Grocery Bundles will continue to be available on Wednesdays for pick-up from the High School or Elementary School between 11-1 and 3:15—5:15. The Google Meal Pick-up Form is available on the Food Services Page of the UMTSD.org website and also on the schools weekly newsletter.

***GROCERY BUNDLES AND IN-SCHOOL MEALS ARE FREE TO ALL STUDENTS THROUGH JUNE 30, 2021 REGARDLESS OF INCOME.***

The Wednesday Grocery Bundles are available to children 0-18 years old.

We encourage all families to pick-up meals for their children.

No need to pack breakfast or lunch for the on campus school days!!  
ALL meals are FREE!

If your child would like to purchase meal items individually, or not a full meal, or snacks, charging will apply. If paid in cash, change will not be given at the register, they change will be applied to your child's meal account. Please check your child's meal account balance by creating an account on schoolcafe.com. (Please refer to the UMTSD Meal Account Procedures on the Food Services page of the UMTSD.org website).

Due to current sanitation practices, we are encouraging a cashless system. Please apply funds through schoolcafe.com in lieu of sending your child to school with cash or check. We appreciate your cooperation at this time to ensure the safety of our school staff and students!!