

# APRIL 2021

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



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  
  
Lunch Includes  
PB&J Sandwich or  
Oatmeal Bar with  
Cheese Stick  
  
Applesauce Cup  
Baby Carrots  
Chocolate Milk

Thursday, April 8

Choice 1. BBQ Beef Riblet Sandwich on  
Hamburger Bun  
  
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

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  
  
Lunch Includes  
PB&J Sandwich or  
Oatmeal Bar with  
Cheese Stick  
  
Applesauce Cup  
Baby Carrots  
Chocolate 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

**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!

**Salad Available Daily**

**Grilled Chicken Caesar  
Salad**  
Includes a whole grain  
dinner roll

\*\*Remember your fruit and  
milk!

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

Monday, April 19
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

Tuesday, April 20
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

Wed., April 21
Early Dismissal
Grab and Go Lunch
Lunch Includes PB&J Sandwich or Oatmeal Bar with Cheese Stick
Applesauce Cup Baby Carrots Chocolate Milk

Thursday, April 22
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

Friday, April 23
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

Monday, April 26
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

Tuesday, April 27
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

Wed., April 28
Early Dismissal
Grab and Go Lunch
Lunch Includes PB&J Sandwich or Oatmeal Bar with Cheese Stick
Applesauce Cup Baby Carrots Chocolate Milk

Thursday, April 29
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

Friday, April 30
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!!