

APRIL 2021

Upper Moreland School District Food & Nutrition Services High 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, 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

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

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

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

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

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!!