

# UPPER MERION ELEMENTARY SCHOOLS– 2016-2017

**Lunch Price \$3.00 (Includes entrée, fruit, vegetable and milk)**

MONDAY                      TUESDAY                      WEDNESDAY                      THURSDAY                      FRIDAY

Mozzarella Sticks w/ Dipping Sauce Roasted Chickpeas Applesauce ALT: Chicken Nuggets w/ Dinner Roll	Soft Shell Tacos Shredded Lettuce, Tomato , Cheese, Sour Cream, Salsa Spanish Rice Corn, Mixed Fruit ALT: Hot Dog on Bun	Crispy Chicken Patty Dinner Roll Mashed Potatoes Chicken Gravy Steamed Broccoli Peaches ALT: Pizza Slice	Grilled Cheese Sandwich Creamy Tomato Soup Cucumber Slices w/ Ranch Dip Sliced Apples Chocolate Pudding ALT: Hamburger/ Cheese on Bun	Beefaroni Dinner Roll Peas Pineapple Tidbits ALT: Mozzarella Cheese Stuffed Breadstick
Pancakes w//Syrup Turkey Bacon Yogurt Sweet Potato Coins Pears ALT: Chicken Nuggets w/ Dinner Roll	Honey BBQ Wings Rosemary Potatoes Dinner Roll Celery Sticks w/ Ranch Dip Mandarin Oranges ALT: Hot Dog on Bun	Rotini with Meatballs and Marinara Sauce Garlic Bread Tuscan White Beans Applesauce ALT: Pizza Slice	French Bread Pizza Chopped Kale Salad Mixed Fruit Animal Crackers ALT: Hamburger/ Cheese on Bun	Popcorn Chicken Potato Wedges Green Beans Chilled Berries ALT: Mozzarella Cheese Stuffed Breadstick
Potato and Cheese Pierogies w/ Asst. Toppings Dinner Roll Sautéed Spinach Peaches ALT: Chicken Nuggets w/ Dinner Roll	Chicken Patty on Bun Lettuce/Tomato Pickle French Fries Pears Animal Crackers ALT: Hot Dog on Bun	Beef Sliders BBQ Beans Carrot Sticks w/ Ranch Dip Pineapple Tidbits ALT: Pizza Slice	Lasagna w/ Marinara or Meat Sauce Garlic Toast Green Beans Sliced Apples ALT: Hamburger/ Cheese on Bun	General Tso's Chicken Brown Rice Asian Chickpeas Mandarin Oranges Fortune Cookie ALT: Mozzarella Cheese Stuffed Breadstick
French Toast Sticks w/ Syrup Turkey Sausage Hash Browns Pears ALT: Chicken Nuggets w/ Dinner Roll	Chicken and Cheese Burrito Lettuce/Tomato Sour Cream/Salsa Refried Beans Apricots, Churro ALT: Hot Dog on Bun	Meatball Sandwich Sweet Potato Fries Broccoli w/ Ranch Dip ALT: Pizza Slice	Homemade Macaroni and Cheese Peas Dinner Roll Orange Slices ALT: Hamburger/ Cheese on Bun	Personal Pan Pizza Steamed Carrots Chilled Berries ALT: Mozzarella Cheese Stuffed Breadstick

Other Daily Offerings: Yogurt /Cheese Grab and Go Meal, Green Salad w/ Chicken Meal, Sun Butter /Jelly Sandwich Meal, Cheese Sandwich Meal

Menu Subject To Change- This Institution is an Equal Opportunity Provider and Employer

For a complete meal, students MUST take a fruit/juice or vegetable with their entrée.

Assorted Fresh Fruit, 100% Juices and Fresh Vegetables are offered daily.

Fat Free Flavored, Fat Free White and Low Fat, White Milk are offered with every meal.

Follow the calendar and color key to our four week lunch cycle menu

☐ =Holiday

○ = In-service Day

AUG/SEPTEMBER 2016							OCTOBER 2016						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
							2	3	4	5	6	7	8
	29	30	31	1	2	3	9	10	11	12	13	14	15
4	5	6	7	8	9	10	16	17	18	19	20	21	22
11	12	13	14	15	16	17	23	24	25	26	27	28	29
18	19	20	21	22	23	24	30	31					
25	26	27	28	29	30								
NOVEMBER 2016							DECEMBER 2016						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
		1	2	3	4	5					1	2	3
6	7	○	9	10	11	12	4	5	6	7	8	9	10
13	14	15	16	17	18	19	11	12	13	14	15	16	17
20	21	22	23	24	25	26	18	19	20	21	22	○	24
27	28	29	30				25	26	27	28	29	30	31
JANUARY 2017							FEBRUARY 2017						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
1	2	3	4	5	6	7				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	○	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
29	30	31					26	27	28				
MARCH 2017							APRIL 2017						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
			1	2	3	4	2	3	4	5	6	7	8
5	6	7	8	9	10	11	9	10	11	12	13	14	15
12	13	14	15	16	○	18	16	○	18	19	20	21	22
19	20	21	22	23	24	25	23	24	25	26	27	28	29
26	27	28	29	30	31		30						
MAY 2017							JUNE 2017						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
	1	2	3	4	5	6					1	2	3
7	8	9	10	11	12	13	4	5	6	7	8	9	10
14	15	16	17	18	19	20	1	12					
21	22	23	24	25	26	27	1	TBA					
28	29	30	31										