

UPPER MERION HIGH SCHOOL— 2016-2017

Paid Lunch Price \$3.25, Reduced Price- \$.40 or Free—Includes Entrée, Fruit,

Vegetable and Milk

Daily Alternatives: Assorted Salads, Hoagies, Wraps, The Specialty Bar, The Grill, The Pizza Bar, and assorted Grab and Go Meals .

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
| Crispy Chicken Patty Dinner Roll Mashed Potatoes Chicken Gravy Tuscan White Beans & Greens in Olive Oil Applesauce | Cheese Stuffed Bread- sticks Dipping Sauce Roasted Brussels Sprouts Mixed Fruit | Cheese Omelet Bacon Bagel w/ Cream Cheese Sweet Potato Home Fries Peaches | Cheeseburger Sliders French Fries Steamed Broccoli Sliced Apples | Chicken and Cheese Burrito w/ Topping Bar Corn Apricots Churro |
| Pancakes w/ Syrup Turkey Sausage Sweet Potato Coins Pears | Assorted Homemade Stromboli's Peas Pineapple Tidbits | Taco Bowl Black Bean Salad Sour Cream, Salsa Orange Slices | Cheese-steak Sand- wiches Potato Wedges Green Beans Mixed Fruit | Fish Sandwich Caesar Salad Chilled Berries Animal Crackers |
| Chicken Tenders Dinner Roll Sweet Potato Bake Sautéed Spinach Peaches | Lasagna w/ Marinara or Meat Sauce Garlic Toast Green Beans Sliced Apples | Beef and Cheese Nachos w/ Salsa and Sour Cream Refried Beans Shredded Lettuce and Tomato Applesauce | Honey BBQ Wings Rosemary Potatoes Dinner Roll Dilled Carrots Mandarin Oranges Chocolate Pudding | Grilled Cheese Sand- wich Creamy Tomato Soup Carrot Sticks w/ Hum- mus Dip Pineapple Tidbits |
| French Toast Sticks w/ Syrup Turkey Sausage Hash Browns Pears | Tacos w/ Shredded Lettuce, Tomato , Cheese, Sour Cream, Salsa Spanish Rice Corn, Chilled Berries | Meatball Sandwich Sweet Potato Fries Steamed Broccoli Peaches | Homemade Macaroni and Cheese Peas Dinner Roll Mixed Fruit | Sicilian Pizza w/ Toppings Edamame Pods Orange Slices |

We also have a many specials we announce to the students via the morning announcements .

All our "A la carte" snack items meet the "Smart Snack for Schools" guidelines.

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

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

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

Fat Free Flavored, Low Fat White Milk and Lact-
aid 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 |
| | 29 | 30 | 31 | 1 | 2 | 3 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 25 | 26 | 27 | 28 | 29 | 30 | | 30 | 31 | | | | | |
| 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 | 8 | 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 | 23 | 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 | | | | | | | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | 5 | 6 | 7 | 8 | 9 | 10 | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 29 | 30 | 31 | | | | | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| MARCH 2017 | | | | | | | APRIL 2017 | | | | | | |
| S | M | T | W | Th | F | S | S | M | T | W | Th | F | S |
| | | | 1 | 2 | 3 | 4 | | 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 | 17 | 18 | 16 | 17 | 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 | 11 | 12 | | | | | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | | | | | | | |
| 28 | 29 | 30 | 31 | | | | | | | | | | |