

# UPPER MERION MIDDLE SCHOOL– 2016-2017

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

MONDAY                      TUESDAY                      WEDNESDAY                      THURSDAY                      FRIDAY

Crispy Chicken Patty Dinner Roll Mashed Potatoes Tuscan White Beans & Greens in Olive Oil Chicken Gravy 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	Assorted Cheese- steak Sandwiches Potato Wedges Green Beans Mixed Fruit	French Bread Pizza Caesar Salad Chilled Berries Animal Crackers
Potato and Cheese Pierogies w/ Asst. Toppings Dinner Roll 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	Soft Shell Tacos Shredded Lettuce, To- mato, 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

Also available daily: Variety of salads, hoagies, wraps, pizza, hamburgers/cheeseburgers and chicken sandwiches.

We have a specialty station that serves pastas, baked potatoes, and Asian specialties.

We also have a many “specials” we announce to the student’s 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 Provider 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	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	
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		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	11	12	TBA				
21	22	23	24	25	26	27							
28	29	30	31										