

UMASD Breakfast Program

All breakfasts are free for the 21-22 school year!



Prices:

Elementary Schools: \$2.50

Middle School: \$2.75

High School: \$2.75

All Students on the Free Meals Program receive a free breakfast meal.

All Students on the Reduced Price Meals Program pay \$.30 for a breakfast meal.

Upper Merion Area School District offers four components/items with each Breakfast.

2 Whole Grains or 1 Whole Grain and 1 Meat/Meat Alternate

1 serving fruit, vegetable or juice

1- 8 oz. serving milk

Students must take 3 of the 4 components, one of which must be a fruit, to count as a full meal.

Example:

Today's menu is
Choice of Cereal Bowl, Muffin, OJ and Milk

The students may decline the milk, or the cereal or the muffin, but they must take the OJ.

So....Complete meals look like this:

Cereal
OJ
Milk

Or

Muffin
OJ
Milk

Or

Or the student can take everything offered!

BUY THE MEAL IT'S A DEAL!