



Regular Lunch Price
\$2.75

Lunch includes one Entrée, Fruit & Vegetable choices, & choice of Milk variety.

Add'l Daily Entrées:

- Assorted Cold Sandwiches:
Turkey, Ham & Salad
(Chicken/Tuna/Egg)
PBJ Uncrustable
- Hummus w/Pita & Carrots
- Yogurt/Cheese Stick/Cin Twirl
- Deli Combo Pack

Slider & Salad Lunch
\$3.25

- Assorted Slider Sandwiches:
Chicken Parmesan,
Bacon Burger, Bacon/Cheese
Chicken, Spicy Chicken
- Assorted Salad w/ Wheat Roll

Soup'r Deli Lunch Combo
\$5.00

- Deli Sandwich & 8 oz Soup

Pizza Lunch
\$2.75

Daily Milk Selections:
1% White, Non-Fat White,
Non-Fat Chocolate & Non-Fat
Strawberry
Milk Only—\$.60
Bottled Water—\$.60

Online Payments at
www.schoolcafe.com
***Please see next menu**
page for more details!
Apply for Free/Reduced
Priced Meals at :
www.schoolcafecom

<p>27</p> <p>Entrees Bosco Sticks/Marinara Sea Wonders w/ Roll</p> <p>Sides Fruit Variety Romaine Caesar Salad Fresh Cucumber Slices Daily Milk Selection * Extra: Fun Size Pretzels</p> <p>A</p>	<p>28</p> <p>Entrees Sloppy Joe on Bun Cinnamon French Toast</p> <p>Sides Fruit Variety Romaine Caesar Salad Celery Sticks Hash Brown Potato Daily Milk Selection *</p> <p>B</p>	<p>29</p> <p>Entrees Chicken Parm w//Pasta Baked Potato w/Cheese & Roll</p> <p>Sides Fruit Variety Romaine Caesar Salad Fresh Baby Carrots Daily Milk Selection * Extra: Granola Bar</p> <p>C</p>	<p>30</p> <p>Entrees Beef Nachos Tortilla Chips w/Cheese</p> <p>Sides Fruit Variety Romaine Caesar Salad Refried Beans Diced Tomato, Salsa Daily Milk Selection *</p> <p>D</p>	<p>31</p> <p>Have a wonderful Labor Day Weekend!</p>
<p>3</p> <p>Happy Labor Day</p>	<p>4</p> <p>Original Smackers are back!</p> <p>Entrees Chicken Smackers / Pretzel Bites Veggie Flatbread</p> <p>Sides Fruit Variety Romaine Caesar Salad Fiesta Bean Salad Daily Milk Selection *</p> <p>E</p>	<p>5</p> <p>Entrees Hot Hammie on Pretzel Roll Egg/Cheese Breakfast Sandwich</p> <p>Sides Fruit Variety Romaine Caesar Salad Potato Smiles Steamed Broccoli Daily Milk Selection *</p> <p>F</p>	<p>6</p> <p>Entrees Meatball Sandwich Grilled Cheese Sandwich</p> <p>Sides Fruit Variety Romaine Caesar Salad Tomato Soup Daily Milk Selection *</p> <p>A</p>	<p>7</p> <p>Entrees BBQ Grilled Chicken Sandwich Stuffed Shells w/Garlic Toast</p> <p>Sides Fruit Variety Romaine Caesar Salad Fresh Baby Carrots Steamed Corn Daily Milk Selection *</p> <p>B</p>
<p>10</p> <p>NO SCHOOL TODAY!!</p> <p>C</p>	<p>11</p> <p>Entrees Cheese/Hamburger on Bun Baked Pasta</p> <p>Sides Fruit Variety Romaine Caesar Salad Tomato Slices Bean Chili Daily Milk Selection *</p> <p>D</p>	<p>12</p> <p>Entrees Roasted Turkey Sandwich Veggie Lo Mein</p> <p>Sides Fruit Variety Romaine Caesar Salad Tomato Soup Mashed Potatoes Daily Milk Selection *</p> <p>E</p>	<p>13</p> <p>Entrees Cheese Steak Sandwich Pancakes w/Egg Omelet</p> <p>Sides Fruit Variety Romaine Caesar Salad Celery Sticks Hash Brown Potato Daily Milk Selection *</p> <p>F</p>	<p>14</p> <p>Entrees Swt/Sour Chicken w/Rice/Roll Bean Burrito</p> <p>Sides Fruit Variety Romaine Caesar Salad Fresh Baby Carrots Daily Milk Selection * Extra: Rice Krispie Treat</p> <p>A</p>
<p>17</p> <p>Entrees Chicken Fajita Cheese Quesadilla</p> <p>Sides Fruit Variety Romaine Caesar Salad Refried Beans Daily Milk Selection *</p> <p>B</p>	<p>18</p> <p>Entrees Pulled Pork Sliders Lasagna Rollup</p> <p>Sides Fruit Variety Romaine Caesar Salad Fresh Cucumber Slices Daily Milk Selection *</p> <p>C</p>	<p>19</p> <p>NO SCHOOL TODAY!!</p> <p>D</p>	<p>20</p> <p>Entrees Pasta and Meatballs Margarita Flatbread</p> <p>Sides Fruit Variety Romaine Caesar Salad Steamed Broccoli Daily Milk Selection *</p> <p>D</p>	<p>21</p> <p>Entrees Chicken Tenders w/Roll Fish Sticks and Biscuit</p> <p>Sides Fruit Variety Romaine Caesar Salad French Fries Fresh Baby Carrots Daily Milk Selection *</p> <p>E</p>
<p>24</p> <p>Entrees Hot Dog on Bun Mozzarella Sticks/Marinara</p> <p>Sides Fruit Variety Baked Beans Sweet Potato Puffs Daily Milk Selection *</p> <p>F</p>	<p>25</p> <p>Entrees Chicken Smackers/Pretzel Bites Veggie Flatbread</p> <p>Sides Fruit Variety Romaine Caesar Salad Fiesta Bean Salad Daily Milk Selection *</p> <p>A</p>	<p>26</p> <p>Entrees Hot Hammie on Pretzel Roll Egg/Cheese Breakfast Sandwich</p> <p>Sides Fruit Variety Romaine Caesar Salad Potato Smiles Steamed Broccoli Daily Milk Selection *</p> <p>B</p>	<p>27</p> <p>Entrees Meatball Sandwich Grilled Cheese Sandwich</p> <p>Sides Fruit Variety Romaine Caesar Salad Tomato Soup Daily Milk Selection *</p> <p>C</p>	<p>28</p> <p>Entrees BBQ Grilled Chicken Sandwich Stuffed Shells w/Garlic Toast</p> <p>Sides Fruit Variety Romaine Caesar Salad Fresh Baby Carrots Steamed Corn Daily Milk Selection *</p> <p>D</p>

MIDDLE SCHOOL BREAKFAST PROGRAM

Don't skip that morning meal! Studies have shown that children who eat a nutritious breakfast are more attentive in class, score higher on standardized tests, and are healthier than those children who do not eat breakfast. With today's busy schedules, many families do not have time to fit a balanced meal into their morning schedules. The School Breakfast Program is available for children to get their day started with a nutritious meal that parents can feel good about. The kids like it because they can enjoy breakfast with friends while enjoying those few extra minutes of sleep in the morning before the bus.

Breakfast is \$2.00 for the meal. It includes: Entrée, Fruit and Milk Variety. Students can choose from the following breakfast items to make up a meal package:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Entrées:</u> Omelet/Bagel Muffin Cereal Yogurt Fruit Variety Milk Variety	<u>Entrées:</u> French Toast Sticks Muffin Cereal Yogurt Fruit Variety Milk Variety	<u>Entrées:</u> Breakfast Pizza Muffin Cereal Yogurt Fruit Variety Milk Variety	<u>Entrées:</u> Pancakes Muffin Cereal Yogurt Fruit Variety Milk Variety	<u>Entrées:</u> Waffle Muffin Cereal Yogurt Fruit Variety Milk Variety



STUDENT ACCOUNT INFORMATION

To make a prepayment to your child's lunch account, please send in cash or a check payable to "UCF Cafeteria." Indicate the teacher and the full name of the student along with the Student ID number in the memo if you have it.

As we move forward to allow parents the ability to view nutritional/allergen information online, we have changed our online service provider. This year SchoolCafé replaces MySchoolBucks. SchoolCafé is an online payment service that provides a quick and easy way to add money to your student's account using credit/debit card or electronic check. You can even view recent purchases, check balances and set up low balance alerts for free! Create your account today by going to www.SchoolCafe.com and register for a free account. If you had an account with MySchoolBucks, you will have to re-register at www.schoolcafe.com. If you have additional questions, feel free to contact the Food Service Office at 610-347-0970 ext 3334.

www.schoolcafe.com

