

**Upper Darby High School
Lunch Menu
Fall 2018**



Pick a Bread: Hoagie Roll or Wrap
Grab Some Protein: Turkey Ham, Carved Roast Turkey & Roast Beef, Chicken Salad, Tuna Salad, or Hummus

Add Cheese: American & Pepper Jack
Customize: Lettuce, Tomato, Onion, Banana & Sweet Peppers, Pickles, Mayo, Sriracha Mayo, Mustard, Honey Mustard and Ranch

What Makes a Reimbursable Meal?
Students must select a minimum of 3 meal components, one of which must be a **FRUIT** or a **VEGETABLE**



Base: Choose Tacos or Nachos
Protein: Ground Beef, Diced Chicken or Cheese
Add: Rice and/or Beans
Toppings: Melted Cheddar Sauce, Shredded Cheddar, Tomatoes, Lettuce, Onion, Corn, Black Bean, Salsa, Sour Cream & Guacamole

Daily Vegetables: Carrots, Tator Tots, Beans, Broccoli, Tomatoes
Daily Fruits: Apples, Oranges, Bananas, Peaches, Pears

DID YOU KNOW???
BREAKFAST and LUNCH is NOW available to every student at **NO CHARGE!!**
All students have access to nutritious meals!



Mon Buffalo Chicken Pizza
Tue Vegetarian Pizza
Wed White Pizza
Thu Sausage Pizza
Fri Buffalo Chicken Pizza

Cheese & Pepperoni Served Everyday



DAILY Hamburger/Cheeseburger
MON Chicken Sand, Beef & Onion Steak
TUE Spicy Chick Sand, Buff Chick Chs Stk
WED Breakfast for Lunch
THU Spicy Chick Sand, Buff Chick Chs Stk
FRI Chicken Sand, Beef Steak

Tator tots offered on every line

PASTA & MORE

EVERYDAY
Pasta with Choice of Meatballs, Red Sauce or Alfredo
DAILY SPECIALS
Monday: Mozzarella Sticks
Tuesday: Mac & Cheese, Chicken Strips
Wednesday: Buffalo Chicken Flatbread
Thursday: Mozzarella Sticks
Friday: Honey Must Chicken Flatbread

DASH

Monday: Orange Chicken w/Broccoli & Egg Rolls
Tuesday: Backyard Burger
Wednesday: Chicken Tikka Masala Soup w/Rice
Thursday: Cheesy Chicken Fry Sub
Friday: Chicken N' Waffle Sandwich

Menus are Subject to change without notice.

**This institution is an equal opportunity provider and employer.