

**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 Drumstick with Roll  
**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.