

Monday

Tuesday

Wednesday

Thursday

Friday

1

2

Veggie Nuggets
with WG Biscuit

Cheeseburger

Weekly Alternate- Pizza Crunchers, Chicken Tenders, Buffalo Chicken Pizza

5

6

7

8

9

Spicy Chicken
Sandwich

WG Waffles
with Egg
Patties

Veggie Burger
on Pretzel Roll

Crunchy Fish
Sticks w/
Doritos

Chicken Ham and
Cheese Sandwich

****Early dismissal****

Weekly Alternate- All Beef Hotdog, Caesar Salad with Pretzel Rods, Beef Pepperoni Pizza

12

13

14

15

16

Cheese
Pizza

Soft Pretzels with
String Cheese
****Early
Dismissal****

19

20

21

22

23

26

27

28

29

30

Middle School Lunch Menu

June 2023

Upper Darby School District

Monday- French Fries, Apples

Tuesday- Sweet Potato Fries, Pears

Wednesday- Carrots & Celery, Vegetarian

Baked Beans, Oranges, All Fruit Sorbet.

Thursday-8 " " , Strawberries

Friday- Carrots & Celery, Bananas