<table>
<thead>
<tr>
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<th>TUE</th>
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<tr>
<td><strong>UPPER PERKIOMEN HIGH SCHOOL LUNCH MENU</strong></td>
<td><strong>MON</strong></td>
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**1 Breakfast for Lunch!**

**Cheese Omelet**
- w/ Yogurt Cup & WG Apple
- Cinnamon Muffin

Accompaniments
- Crispy Potato Rounds
- WG Roll
- Sweet Carrots
- Pears

See menu back for Assorted Fruits, Vegetables & Milk offered daily.

**2**

**Chicken Quesadilla w/Salsa Cup**

Accompaniments
- Corn
- Rice
- WG Roll
- Pineapple

See menu back for Assorted Fruits, Vegetables & Milk offered daily.

**3**

**Hot Meatball Sub on a WG Roll**

Accompaniments
- Dark Green Leafy Side Salad
- Tater Tots
- WG Roll
- Applesauce
- Pudding Cup Dessert* (*with lunch platter only)

See menu back for Assorted Fruits, Vegetables & Milk offered daily.

**4**

**Hot Pulled Pork Sandwich on a WG Roll**

Accompaniments
- Baked Beans
- WG Roll
- Mashed Potatoes
- Peaches

See menu back for Assorted Fruits, Vegetables & Milk offered daily.

**5**

**WG Macaroni & Cheese**

Accompaniments
- Tomato Soup
- Crispy Fries
- WG Roll
- Mandarin Oranges

See menu back for Assorted Fruits, Vegetables & Milk offered daily.

**6**

**WG Potato & Cheese Pierogies**

Accompaniments
- Peas N Carrots
- WG Roll
- Potato Wedges
- Mandarin Oranges
- Pudding Cup Dessert* (*with lunch platter only)

See menu back for Assorted Fruits, Vegetables & Milk offered daily.

**7**

**No School Today!**

**In Service Day**

**8**

**Breakfast for Lunch!**

**Baked WG French Toast**
- w/ a side of Scrambled Eggs

Accompaniments
- Crispy Potato Rounds
- WG Roll
- Pears

See menu back for Assorted Fruits, Vegetables & Milk offered daily.

**9**

**WG Chicken Tenders**

Accompaniments
- Baked Beans
- WG Roll
- Seasoned Spiral Fries
- Pineapple

See menu back for Assorted Fruits, Vegetables & Milk offered daily.

**10**

**WG Pasta W/Meatballs**

Accompaniments
- Broccoli
- Oven Fries
- WG Roll
- Applesauce
- Pudding Cup Dessert* (*with lunch platter only)

See menu back for Assorted Fruits, Vegetables & Milk offered daily.

**11**

**Walking Taco w/fixins**

Accompaniments
- Corn
- Rice
- WG Roll
- Peaches

See menu back for Assorted Fruits, Vegetables & Milk offered daily.

**12**

**No School Today!**

**In Service Day**

**13**

**No School Today!**

**In Service Day**

**14**

**No School Today!**

**Spring Break**

**15**

**No School Today!**

**In Service Day**

**16**

**No School Today!**

**In Service Day**

**17**

**No School Today!**

**Spring Break**

**18**

**No School Today!**

**Spring Break**

**19**

**No School Today!**

**Spring Break**

**20**

**No School Today!**

**Spring Break**

**21**

**No School Today!**

**Spring Break**

**22**

**No School Today!**

**Spring Break**

**23**

**No School Today!**

**Spring Break**

**24**

**No School Today!**

**Spring Break**

**25**

**No School Today!**

**Spring Break**

**26**

**No School Today!**

**Spring Break**

**27**

**No School Today!**

**Spring Break**

**28**

**No School Today!**

**Spring Break**

**29**

**No School Today!**

**Spring Break**

**30**

**No School Today!**

**Spring Break**
### April 2019

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<td><strong>Breakfast for Lunch!</strong></td>
<td><strong>WG Popcorn Chicken</strong></td>
<td><strong>WG Lasagna Roll Ups</strong></td>
<td><strong>Teriyaki Chicken w/Vegetable Egg Roll</strong></td>
<td><strong>Oven Toasted Cheese Sandwich on WG Bread</strong></td>
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<td>Baked WG Waffles w/ a side of Sausage*</td>
<td>Accompaniments: Pinto Beans, WG Roll, Tater Tots, Pineapple</td>
<td>Accompaniments: Dark Green Leafy Side Salad, Oven Fries, WG Roll, Applesauce, Pudding Cup Dessert* (*with lunch platter only)</td>
<td>Accompaniments: Vegetable Fried Rice, WG Roll, Peaches, Fortune Cookie</td>
<td>Accompaniments: Tomato Soup, WG Roll, Seasoned Spiral Fries, Mandarin Oranges, Pudding Cup Dessert* (*with lunch platter only)</td>
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<td><strong>Breakfast for Lunch!</strong></td>
<td><strong>WG Chicken Parmesan w/ a side of wg Pasta</strong></td>
<td><strong>Hot Ham &amp; Cheese on a wg Croissant</strong></td>
<td><strong>Nacho Salad w/fixins</strong></td>
<td><strong>Baked wg Mozzarella Sticks w/Marinara Dip Cup</strong></td>
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<td>Baked WG French Toast w/ a side of Scrambled Eggs</td>
<td>Accompaniments: Broccoli, WG Roll, Seasoned Spiral Fries, Pineapple</td>
<td>Accompaniments: Baked Beans, Applesauce, Potato Wedges, WG Roll, Pudding Cup Dessert* (*with lunch platter only)</td>
<td>Accompaniments: Corn, Rice, WG Roll, Peaches, Seasoned Spiral Fries</td>
<td>Accompaniments: Green Beans, WG Roll, Tater Tots, Mandarin Oranges, Pudding Cup Dessert* (*with lunch platter only)</td>
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### What is included in a reimbursable lunch?

A lunch consists of five (5) items: A protein, fruit, vegetable, grain & milk. In order for it to be counted and charged as a lunch, the student may take all 5 selections (maximum), or a minimum of 3 of the 5 selections (offer vs. Serve). If using the offer vs. Serve option, then one of the three items chosen MUST be a fruit or vegetable.

**Note:** Fruits and Vegetables are served in 1/2 cup portions, so students may choose a maximum of 2 fruits and 2 vegetables per meal, but must take a minimum of at least one fruit or vegetable.

**PLEASE NOTE:** If the above is not followed, it will not be considered a complete reimbursable lunch, and the student will be charged a la carte pricing.

All menus are subject to change without notice due to product availability. We try very hard not to change the menu once it is in print, but sometimes the circumstances are out of our control.

### Additional Accompaniments Offered Daily:

**Fresh Fruit:** Sliced Apple Packets, Oranges, Bananas, & Fresh Cut Fruit

**100% Juice Cups:** Grape or Fruit Punch

**Fresh Vegetable:** Baby Carrot Packs w/FF Ranch Dip

**Daily Milk Choices:** 1% White, Skim, or 1% Flavored (Chocolate or Strawberry).

**Choice of Milk offered Daily with each lunch**