

UPPER MORELAND TOWNSHIP  
**SUPERVISED PLAYGROUND MENU**

PROVIDES CAMPERS WITH FREE BREAKFAST AND LUNCH  
DAILY



**JUNE 21-AUGUST 13**

## MONDAYS

### Breakfast

**Powdered or Chocolate WG Mini Donuts**

**INCLUDES: Juice and/or Fruit Cup**

**8oz milk - Choice of 1% White or Chocolate**

### Lunch

**Choice 1: Chicken Tenders**

**INCLUDES: French Fries (with Ketchup) and Dole Fruit Cup**

**Choice 2. Brunch 4 Lunch (cereal, yogurt or cheese stick, fruit, vegetable, milk)**

**8oz milk - Choice of 1% White or Chocolate**

## TUESDAYS

### Breakfast

**Egg and Cheese on a Whole Grain Croissant**

**INCLUDES: Juice and/or Fruit Cup**

**8oz Milk - Choice of 1% White or Chocolate**

### Lunch

**Choice 1: Mozzarella Sticks with Marinara Dipping Sauce**

**INCLUDES: Corn and Fresh Apple Slices**

**Choice 2. Brunch 4 Lunch (cereal, yogurt or cheese stick, fruit, vegetable, milk)**

**8oz milk - Choice of 1% White or Chocolate**

## WEDNESDAYS

### Breakfast

**French Toast Sticks**

**INCLUDES: Juice and/or Fruit Cup**

**8oz Milk - Choice of 1% White or Chocolate**

### Lunch:

**Choice 1: Mini Pancakes with Sausage Patty**

**INCLUDES: Tatar Tots and Dole Fruit Cup**

**Choice 2: Brunch 4 Lunch (cereal, yogurt or cheese stick, fruit, vegetable, milk)**

**8oz milk - Choice of 1% White or Chocolate**

## THURSDAYS

### Breakfast

**Otis Spunkmeyer Muffin (Whole Grain Variety)**

**INCLUDES: Juice and/or Fruit Cup**

**8oz Milk - Choice of 1% White or Chocolate**

### Lunch

**Choice 1. Grilled Cheese Sandwich**

**INCLUDES: Baby Carrots and a Fresh Banana**

**Choice 2. Brunch 4 Lunch (cereal, yogurt or cheese stick, fruit, vegetable, milk)**

**8oz milk - Choice of 1% White or Chocolate**

## FRIDAYS

### Breakfast

**Cereal (Whole Grain, Reduced Sugar Variety)**

**INCLUDES: Juice and/or Fruit Cup**

**8oz Milk - Choice of 1% White or Chocolate**

### Lunch

**Choice 1. Mickey's Pizza Slice**

**INCLUDES: Cherry Frozen Sidekick and Strawberries with Whipped Topping**

**Choice 2. Brunch 4 Lunch (cereal, yogurt or cheese stick, fruit, vegetable, milk)**

**8oz milk - Choice of 1% White or Chocolate**

Menu Subject to Change\*  
This institution is an equal  
opportunity provider.

Questions? Please contact the  
Food Service Office at  
tthomas@umtsd.org or  
215-830-1522