LUNCHPAD

UPPER DARBY SCHOOL DISTRICT
Opportunity · Unity · Excellence

October 2026
Free Middle School Lunch Menu

Assorted Fruit, Choice of 1% milk, nonfat chocolate milk
All Fruit Sorbet served on Menu Days with a star
Menu Items In Green are Halal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		**Snack Packs Available for Students who Bring Lunch From Home**	1 **Halal:** Hot Dog **Salad:** Three Cheese Wrap **Pizza:** Cheese **Hot Veg**: Broccoli **Side Salad:** Carrots & Garbanzo Beans	2 **Spicy Chicken Sandwich** **Salad:** Veggie Nugget wrap **Halal:** Cheeseburger **Pizza:** Cheese **Hot Veg:** Fries **Side Salad:** Lettuce mix w. Carrots & Tomatoes
5 **Chipotle BBQ Burger** **Salad:** Buffalo Chicken wrap **Halal:** Chicken Nuggets w. cheez-its **Pizza:** Cheese **Hot Veg:** Corn **Side Salad:** Lettuce w. cucumbers & carrots	6 **Chicken Quesadilla** **Salad:** Chef Salad **Halal:** Hot Dog **Pizza:** Cheese **Hot Veg:** Roasted peppers & onions **Side Salad:** Cucumbers & Cherry Tomatoes	7 **Honey Mustard Chicken Melt** **Salad:** Chicken Tender Snack Wrap **Halal:** Chicken Sandwich **Pizza:** Cheese **Hot Veg:** Acorn Squash **Side Salad:** Lettuce w. Cucumbers & Bell Peppers	8 **Halal:** Hot Dog **Salad:** Three Cheese Wrap **Pizza:** Cheese **Hot Veg**: Broccoli **Side Salad:** Carrots & Garbanzo Beans	9 **BBQ Popcorn Chicken** **Salad:** Veggie Nugget wrap **Halal:** Cheeseburger **Pizza:** Cheese **Hot Veg:** Fries **Side Salad:** Carrots & Garbanzo Beans
12 	13 **Taco Flatbread** **Salad:** Chef Salad **Halal:** Hot Dog **Pizza:** Cheese **Hot Veg:** Roasted peppers & onions **Side Salad:** Cucumbers & Cherry Tomatoes	14 **Baked Ziti w. Meat Sauce** **Salad:** Chicken Tender Snack Wrap **Halal:** Chicken Sandwich **Pizza:** Cheese **Hot Veg:** Acorn Squash **Side Salad:** Lettuce w. Cucumbers & Bell Peppers	15 **Halal:** Hot Dog **Salad:** Three Cheese Wrap **Pizza:** Cheese **Hot Veg**: Broccoli **Side Salad:** Carrots & Garbanzo Beans	16 **Buffalo Chicken Pizza** **Salad:** Veggie Nugget wrap **Halal:** Cheeseburger **Pizza:** Cheese **Hot Veg:** Fries **Side Salad:** Carrots & Garbanzo Beans
19 **Meatball Sub** **Salad:** Buffalo Chicken wrap **Halal:** Chicken Nuggets w. cheez-its **Pizza:** Cheese **Hot Veg:** Corn **Side Salad:** Lettuce w. cucumbers & carrots	20 **LTO: Southwest Crunch Burger** **Salad:** Chef Salad **Halal:** Hot Dog **Pizza:** Cheese **Hot Veg:** Roasted peppers & onions **Side Salad:** Cucumbers & Cherry Tomatoes	21 **Chicken Drumstick** **Salad:** Chicken Tender Snack Wrap **Halal:** Chicken Sandwich **Pizza:** Cheese **Hot Veg:** Acorn Squash **Side Salad:** Lettuce w. Cucumbers & Bell Peppers	22 **Halal:** Hot Dog **Salad:** Three Cheese Wrap **Pizza:** Cheese **Hot Veg**: Broccoli **Side Salad:** Carrots & Garbanzo Beans	23 **Chicken Parmesan Sandwich** **Salad:** Veggie Nugget wrap **Halal:** Cheeseburger **Pizza:** Cheese **Hot Veg:** Fries **Side Salad:** Carrots & Garbanzo Beans
26 **Spicy Popcorn Chicken** **Salad:** Buffalo Chicken wrap **Halal:** Chicken Nuggets w. cheez-its **Pizza:** Cheese **Hot Veg:** Corn **Side Salad:** Lettuce w. cucumbers & carrots	27 **Chicken Enchilada** **Salad:** Chef Salad **Halal:** Hot Dog **Pizza:** Cheese **Hot Veg:** Roasted peppers & onions **Side Salad:** Cucumbers & Cherry Tomatoes	28 **Pizza Crunchers** **Salad:** Chicken Tender Snack Wrap **Halal:** Chicken Sandwich **Pizza:** Cheese **Hot Veg:** Acorn Squash **Side Salad:** Lettuce w. Cucumbers & Bell Peppers	29 **Halal:** Hot Dog **Salad:** Three Cheese Wrap **Pizza:** Cheese **Hot Veg**: Broccoli **Side Salad:** Carrots & Garbanzo Beans	30 **Harvest Pancakes** **Salad:** Veggie Nugget wrap **Halal:** Cheeseburger **Pizza:** Cheese **Hot Veg:** Fries **Side Salad:** Carrots & Garbanzo Beans

This institution is an equal opportunity provider.