

UPPER DARBY SCHOOL DISTRICT
Opportunity · Unity · Excellence

November 2026

High School

Free Lunch Menu

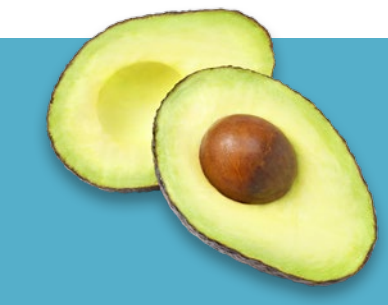
Hot Vegetables Available
M: Roasted Veggie Blend
Tu: Roasted Peppers & Onions
W: Roasted Acorn Squash
Th: Hot Broccoli
Fri: Oven Baked Fries

All Lunches Must Include Choice of: Fruits and/or Vegetable And May Include: 1% Low-Fat Milk

Powering potential.

MON	TUES	WED	THURS	FRI
2 -BBQ Turkey Bacon Burger -Halal Hotdog -Pizza Crunchers -Buffalo Chicken Wrap	3 	4 -Popcorn Chicken Mac & Cheese -Halal Chicken Nuggets -Jalapeno Poppers - Chicken Tender Snack Wrap	5 -Popcorn Chicken Lo Mein -Halal Chicken Sandwich - Pizza Crunchers -Three Cheese Wrap	6 -Buffalo Drumstick -Halal Cheeseburger -Buffalo Veggie Nuggets -Veggie Nugget Salad
9 -Buzzer Beater Box -Halal Hotdog -Pizza Crunchers -Buffalo Chicken Wrap	10 -Spicy Chicken Sandwich -Halal Chicken Sandwich -French Bread Pizza -Chef Turkey & Egg Salad	11 -Baked Ziti w/ meat sauce -Halal Chicken Nuggets -Jalapeno Poppers - Chicken Tender Snack Wrap	12 -Dumplings w/ Fried Rice -Halal Chicken Sandwich - Pizza Crunchers -Veggie Nugget Salad	13 -French Toast w/ Turkey Sausage -Halal Cheeseburger -Buffalo Veggie Nuggets -Veggie Nugget Salad
16 -Meatball Sub -Halal Hotdog -Pizza Crunchers -Buffalo Chicken Wrap	17 -Beef Walking Taco -Halal Chicken Sandwich -French Bread Pizza -Chef Turkey & Egg Salad	18 -Buffalo Wings -Halal Chicken Nuggets -Jalapeno Poppers - Chicken Tender Snack Wrap	19 -Buffalo Mac & Cheese -Halal Chicken Sandwich - Pizza Crunchers -Veggie Nugget Salad	20 -Turkey Gobbler Waffle Sandwich -Halal Cheeseburger -Buffalo Veggie Nuggets -Veggie Nugget Salad
23 -Buzzer Beater Box -Halal Hotdog -Pizza Crunchers -Buffalo Chicken Wrap	24 -Spicy Chicken Sandwich -Halal Chicken Sandwich -French Bread Pizza -Chef Turkey & Egg Salad	25 -Halal Chicken Nuggets	26 	27 
30 -Drumstick -Halal Hotdog -Pizza Crunchers -Buffalo Chicken Wrap				

Menus are subject to change.



Side Salads w/ variety of dressings available as follows
Monday: Cucumber & Carrot
Tuesday: Carrot & Garbanzo Beans
Wednesday: Cucumber & Bell Pepper
Thursday : Carrot & Garbanzo
Friday: Carrot & Tomato

aramark STUDENT NUTRITION

This institution is an equal opportunity provider.