

UPPER DARBY SCHOOL DISTRICT
Opportunity · Unity · Excellence

October 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
		**Snack Packs Available for Students who Bring Lunch From Home**	1 -Popcorn Chicken Lo Mein -Halal Chicken Sandwich - Pizza Crunchers -Veggie Nugget Salad	2 -Buffalo Drumstick -Halal Cheeseburger -Buffalo Veggie Nuggets -Chicken, Apple, Feta Salad
5 -Chipotle BBQ Burger -Halal Hotdog -Pizza Crunchers -Buffalo Chicken Wrap	6 -Spicy Chicken Sandwich -Halal Chicken Sandwich -French Bread Pizza -Chef Turkey & Egg Salad	7 -Pancakes & Turkey Sausage -Halal Chicken Nuggets -Jalapeno Poppers -Chicken Tender Snack Wrap	8 -Buffalo Mac & Cheese -Halal Chicken Sandwich - Pizza Crunchers -Veggie Nugget Salad	9 -Teriyaki Boneless Wings -Halal Cheeseburger -Buffalo Veggie Nuggets -Chicken, Apple, Feta Salad
12 	13 -Popcorn Chicken Lomein -Halal Cheeseburger -French Bread Pizza -Chef Turkey & Egg Salad	14 -Buffalo Wings -Halal Chicken Nuggets -Jalapeno Poppers - Chicken Tender Snack Wrap	15 Turkey Bacon Cheeseburger -Halal Chicken Nuggets -Jalapeno Poppers - Veggie Nugget Salad	16 -French Toast w/ Turkey Sausage -Halal Cheeseburger -Buffalo Veggie Nuggets -Chicken, Apple, Feta Salad
19 -Meatball Sub -Halal Hotdog -Pizza Crunchers -Buffalo Chicken Wrap	20 -LTO Southwest Crunch Burger -Halal Chicken Sandwich -French Bread Pizza -Chef Turkey & Egg Salad	21 -Baked Ziti w/ meat sauce -Halal Chicken Nuggets -Jalapeno Poppers - Chicken Tender Snack Wrap	22 -Dumplings w/ Fried Rice -Halal Chicken Sandwich - Pizza Crunchers -Veggie Nugget Salad	23 -Buffalo Drumstick -Halal Cheeseburger -Buffalo Veggie Nuggets -Chicken, Apple, Feta Salad
26 -Buzzer Beater Box -Halal Hotdog -Pizza Crunchers -Buffalo Chicken Wrap	27 -Spicy Chicken Sandwich -Halal Chicken Sandwich -French Bread Pizza -Chef Turkey & Egg Salad	28 -Barbacoa Mac & Cheese -Halal Chicken Nuggets -Jalapeno Poppers - Chicken Tender Snack Wrap	29 Pasta w/ meatballs -Halal Chicken Sandwich - Pizza Crunchers -Veggie Nugget Salad	30 -Teriyaki Boneless Wings -Halal Cheeseburger -Buffalo Veggie Nuggets -Chicken, Apple, Feta Salad

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.