# Spring-Ford Area School District May 2022

### **High School Lunch Menu**



### Entrees Tortilla Bar Wednesday Monday Tuesday Thursday Friday Twin chicken Kicking Bean Chicken Beef & Bean Beef Naches Taces Fajita Quesadilla Burrito Vegetables & fruits Monday Wednesday **Thursday** Friday Tuesday Pinto Bean Salad Cupped Mixed Fruit Mixed Roasted peppers Cupped Applesauce Fresh Broccoli Cupped Peaches Rice & Beans Cupped Blueberries Mexican Corn Cupped Pears

	GREEN STREET	
	Deli	
6	Deu	

		Entrees Grab & Go	200	
Monday	Tuesday	Wednesday	Thursday	Friday
Springford Salad	Springford salad w/ Chicken	Springford Salad	Springford salad w/ Chicken	Springford Salad
Ham & Cheese on Club roll	Turkey & Cheese on Club Roll	Roast Beef & Cheese Club roll	Tona salad on Whole Wheat Bread	Egg Salad wrap
		Yegetables & fruits	7/1/1/19/19/2019	TO THE PROPERTY OF
Monday	Tuesday	Wednesday	Thursday	Friday
Corn Salad Cupped Pears	Pinto Bean Salad Cupped Mixed Fruit	Red Pepper Strips Cupped applesauce	Celery Sticks w/ Ranch Dressing Cupped Peaches	Carrot sticks Cupped Blueberries



		Entrees Corner Crust		7/2/2
Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
Specialty Pepperoni Pizza	Speciałty Sausage Pizza	Specialty Buffalo Chicken Pizza	Specialty Broccoli Pizza	Specialty Meatball Pizza
		Vegetables & Fruits		THE RESERVE
Monday	Tuesday	Wednesday	Thursday	Friday
Corn Salad Cupped Pears	Pinto Bean Salad Cupped Mixed Fruit	Red Pepper Strips Cupped applesauce	Celery Sticks w/ Ranch Dressing Cupped Peaches	Carrot sticks Cupped Blueberries



Entrees Customs Bro Grill				
Tuesday	Wednesday	Thursday	Friday	
Chicken Patty Sandwich	Chicken Patty Sandwich	Chicken Patty Sandwich	Chicken Patty Sandwich	
Specialty Meatball Hero	Specialty Spicy Chicken Patty	Specialty Cheese burger	Specialty Pizza Sticks	
	Vegetables & Fruits			
Tuesday	Wednesday	Thursday	Friday	
Baked Fries Pinto Bean Salad Cupped Mixed Fruit	Tater Tots  Red Pepper Strips Cupped applesauce	Baked Fries Celery Sticks w/ Ranch Cupped Peaches	Baked Fries Carrot sticks Cupped Blueberries	
	Chicken Patty Sandwich  Specialty Meatball Here  Tuesday  Baked Fries Pinto Bean Salad	Tuesday  Chicken Patty Sandwich  Specialty Meatball Here  Spicy Chicken Patty  Vegetable/ & fruit/  Tuesday  Baked Fries Pinto Bean Salad  Wednesday  Red Pepper Strips	Tuesday  Chicken Patty Sandwich  Chicken Patty Sandwich  Specialty Meatball Here  Specialty Spec	

## All sides are available to all meal choices Daily Sides Fruits & Vegetables

- Baby Carrots, Fresh Apple, Fresh Orange, Raisins
- 100% Fruit Juice: Apple, Orange
- Milk: Skim White, Chocolate or 1% White
- \* = Lacto-Ovo Vegetarian, may contain milk

Five food groups are offered at lunch: protein, grain, vegetable, fruit and milk. To make a meal, students must select foods from at least 3 different food groups. At least one item must be a ½ cup fruit, ½ cup vegetable or a 4oz fruit juice. Meals without a fruit or vegetable will be charged a la carte pricing.

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	GREEN STREET Deli	

	Entree/ Grab & Go		- 12 Maria
Tuesday	Wednesday	Thursday	Friday
Springford salad w/ Chicken	Springford Salad	Springford salad w/ Chicken	Springford Salad
Turkey & Cheese on Club Roll	Roast Beef & Cheese Club roll	Tona salad on Whole Wheat Bread	Egg Salad wrap
	Vegetables & Fruits	-11/1000	THE TOTAL PROPERTY.
Tuesday	Wednesday	Thursday	Friday
Pinto Bean Salad Cupped Mixed Fruit	Red Pepper Strips Cupped applesauce	Celery Sticks w/ Ranch Dressing Cupped Peaches	Carrot sticks Cupped Blueberries
	Springford salad w/ Chicken Torkey & Cheese on Club Roll Tuesday Pinto Bean Salad	Tuesday  Springford salad w/ Chicken Turkey & Cheese on Club Roll  Vegetables & fruits  Tuesday  Pinto Bean Salad  Wednesday  Wednesday  Red Pepper Strips	Tuesday  Springford salad w/ Chicken Turkey & Cheese on Club Roll  Tuesday  Wednesday  Springford Salad  Springford salad w/ Chicken Tuesday  Roast Beef & Cheese Tuesday  Vegetable/ & fruit/  Tuesday  Wednesday  Thursday  Thursday  Thursday  Celery Sticks w/ Ranch Dressing



		Entrees Corner Crust		75
Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
Specialty Pepperoni Pizza	Speciałty Sausage Pizza	Specialty Buffalo Chicken Pizza	Specialty Broccoli Pizza	Specialty Meatball Pizza
		Vegetables & Fruits		Part and Burker
Monday	Tuesday	Wednesday	Thursday	Friday
Corn Salad Cupped Pears	Pinto Bean Salad Cupped Mixed Fruit	Red Pepper Strips Cupped applesauce	Celery Sticks w/ Ranch Dressing Cupped Peaches	Carrot sticks Cupped Blueberries



		Entree/ Cu/tom/ Bro Gri		
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Patty Sandwich	Chicken Patty Sandwich	Chicken Patty Sandwich	Chicken Patty Sandwich	Chicken Patty Sandwich
Specialty Chicken Nuggets	Specialty Meatball Hero	Specialty Spicy Chicken Patty	Specialty Cheese burger	Specialty Pizza Sticks
		Vegetables & Fruits		
Monday	Tuesday	Wednesday	Thursday	Friday
Baked Fries Corn Salad Cupped Pears	Baked Fries Pinto Bean Salad Cupped Mixed Fruit	Baked Fries Red Pepper Strips Cupped applesauce	Baked Fries Celery Sticks w/ Ranch Cupped Peaches	Baked Fries Carrot sticks Cupped Blueberries

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		Entree/ Grab & Go		
Monday	Tuesday	Wednesday	Thursday	Friday
Springford Salad		Springford Salad	Springford salad w/ Chicken	Springford Salad
Ham & Cheese on Club roll		Roast Beef & Cheese Club roll	Tuna salad on Whole Wheat Bread	Egg Salad wrap
	SCHOOL	Vegetables & Fruits	11/10/10/10	TO THE PROPERTY OF
Monday	JUNGER	Wednesday	Thursday	Friday
Corn Salad Cupped Pears	CLOSEN	Red Pepper Strips Cupped applesauce	Celery Sticks w/ Ranch Dressing Cupped Peaches	Carrot sticks Cupped Blueberries



		Entrees Corner Crust		77
Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Pizza		Cheese Pizza	Cheese Pizza	Cheese Pizza
Specialty Pepperoni Pizza		Speciałty Buffalo Chicken Pizza	Specialty Broccoli Pizza	Specialty Meatball Pizza
	CCHOOL	Yegetables & Fruits		A STATE OF THE STA
Monday	201100F	Wednesday	Thursday	Friday
Corn Salad Cupped Pears	Crosen	Red Pepper Strips Cupped applesauce	Celery Sticks w/ Ranch Dressing Cupped Peaches	Carrot sticks Cupped Blueberries



Entrees Gustoms Bro Grill				
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Patty Sandwich		Chicken Patty Sandwich	Chicken Patty Sandwich	Chicken Patty Sandwich
Specialty Chicken Nuggets		Specialty Spicy Chicken Patty	Specialty Cheese burger	Specialty Pizza Sticks
	CCHOOL	Vegetables & Fruits		
Monday	201100F	Wednesday	Thursday	Friday
Baked Fries Corn Salad Cupped Pears	CTOZED	Baked Fries Red Pepper Strips Cupped applesauce	Baked Fries Celery Sticks w/ Ranch Cupped Peaches	Baked Fries Carrot sticks Cupped Blueberries

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		Entrees Grab & Go		Contract of the contract of th
Monday	Tuesday	Wednesday	Thursday	Friday
Springford Salad	Springford salad w/ Chicken	Springford Salad	Springford salad w/ Chicken	Springford Salad
Ham & Cheese on Club roll	Turkey & Cheese on Club Roll	Roast Beef & Cheese Club roll	Tuna salad on Whole Wheat Bread	Egg Salad wrap
		Yegetables & Fruits	-111400000	
Monday	Tuesday	Wednesday	Thursday	Friday
Corn Salad Cupped Pears	Pinto Bean Salad Cupped Mixed Fruit	Red Pepper Strips Cupped applesauce	Celery Sticks w/ Ranch Dressing Cupped Peaches	Carrot sticks Cupped Blueberries



		Entrees Corner Crust		7
Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
Specialty Pepperoni Pizza	Speciałty Sausage Pizza	Specialty Buffalo Chicken Pizza	Specialty Broccoli Pizza	Specialty Meatball Pizza
		Vegetables & Fruits		Table 1
Monday	Tuesday	Wednesday	Thursday	Friday
Corn Salad Cupped Pears	Pinto Bean Salad Cupped Mixed Fruit	Red Pepper Strips Cupped applesauce	Celery Sticks w/ Ranch Dressing Cupped Peaches	Carrot sticks Cupped Blueberries



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		Vegetables & Fruits				
Monday	Tuesday	Wednesday	Thursday	Friday		
Baked Fries Corn Salad Cupped Pears	Baked Fries Pinto Bean Salad Cupped Mixed Fruit	Baked Fries Red Pepper Strips Cupped applesauce	Baked Fries Celery Sticks w/ Ranch Cupped Peaches	Baked Fries Carrot sticks Cupped Blueberries		

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