

# May 2022

## High School Lunch Menu

### Entrees/ Tortilla Bar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Twin chicken Tacos</b>	<b>Beef Nachos</b>	<b>Kicking Bean Fajita</b>	<b>Chicken Quesadilla</b>	<b>Beef &amp; Bean Burrito</b>

### Vegetables & fruits

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mexican Corn Cupped Pears</b>	<b>Pinto Bean Salad Cupped Mixed Fruit</b>	<b>Mixed Roasted peppers Cupped Applesauce</b>	<b>Fresh Broccoli Cupped Peaches</b>	<b>Rice &amp; Beans Cupped Blueberries</b>

### Entrees/ Grab & Go

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Springford Salad</i> <b>Ham &amp; Cheese on Club roll</b>	<i>Springford salad w/ Chicken</i> <b>Turkey &amp; Cheese on Club Roll</b>	<i>Springford Salad</i> <b>Roast Beef &amp; Cheese Club roll</b>	<i>Springford salad w/ Chicken</i> <b>Tuna salad on Whole Wheat Bread</b>	<i>Springford Salad</i> <b>Egg Salad wrap</b>

### Vegetables & fruits

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Corn Salad Cupped Pears</b>	<b>Pinto Bean Salad Cupped Mixed Fruit</b>	<b>Red Pepper Strips Cupped applesauce</b>	<b>Celery Sticks w/ Ranch Dressing Cupped Peaches</b>	<b>Carrot sticks Cupped Blueberries</b>

### Entrees/ Corner Crust

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Cheese Pizza</i> <b>Specialty Pepperoni Pizza</b>	<i>Cheese Pizza</i> <b>Specialty Sausage Pizza</b>	<i>Cheese Pizza</i> <b>Specialty Buffalo Chicken Pizza</b>	<i>Cheese Pizza</i> <b>Specialty Broccoli Pizza</b>	<i>Cheese Pizza</i> <b>Specialty Meatball Pizza</b>

### Vegetables & fruits

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Corn Salad Cupped Pears</b>	<b>Pinto Bean Salad Cupped Mixed Fruit</b>	<b>Red Pepper Strips Cupped applesauce</b>	<b>Celery Sticks w/ Ranch Dressing Cupped Peaches</b>	<b>Carrot sticks Cupped Blueberries</b>

### Entrees/ Customs Bro Grill

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Chicken Patty Sandwich</i> <b>Specialty Chicken Nuggets</b>	<i>Chicken Patty Sandwich</i> <b>Specialty Meatball Hero</b>	<i>Chicken Patty Sandwich</i> <b>Specialty Spicy Chicken Patty</b>	<i>Chicken Patty Sandwich</i> <b>Specialty Cheese burger</b>	<i>Chicken Patty Sandwich</i> <b>Specialty Pizza Sticks</b>

### Vegetables & fruits

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Baked Fries</i> <b>Corn Salad Cupped Pears</b>	<i>Baked Fries</i> <b>Pinto Bean Salad Cupped Mixed Fruit</b>	<i>Tater Tots</i> <b>Red Pepper Strips Cupped applesauce</b>	<i>Baked Fries</i> <b>Celery Sticks w/ Ranch Cupped Peaches</b>	<i>Baked Fries</i> <b>Carrot sticks Cupped Blueberries</b>

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.

Menus are subject to change without notice.

**Don't Forget about breakfast Service**  
daily 7:20am to 7:45am



# Spring-Ford Area School District May 2022

May 9th to May 13th

## High School Lunch Menu

### Entrees/ Tortilla Bar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Twin chicken Tacos</b>	<b>Beef Nachos</b>	<b>Kicking Bean Fajita</b>	<b>Chicken Quesadilla</b>	<b>Beef &amp; Bean Burrito</b>

### Vegetables & Fruit

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mexican Corn Cupped Pears</b>	<b>Pinto Bean Salad Cupped Mixed Fruit</b>	<b>Mixed Roasted peppers Cupped Applesauce</b>	<b>Fresh Broccoli Cupped Peaches</b>	<b>Rice &amp; Beans Cupped Blueberries</b>

### Entrees/ Grab & Go

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Springford Salad</i> <b>Ham &amp; Cheese on Club roll</b>	<i>Springford salad w/ Chicken</i> <b>Turkey &amp; Cheese on Club Roll</b>	<i>Springford Salad</i> <b>Roast Beef &amp; Cheese Club roll</b>	<i>Springford salad w/ Chicken</i> <b>Tuna salad on Whole Wheat Bread</b>	<i>Springford Salad</i> <b>Egg Salad wrap</b>

### Vegetables & Fruit

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Corn Salad Cupped Pears</b>	<b>Pinto Bean Salad Cupped Mixed Fruit</b>	<b>Red Pepper Strips Cupped applesauce</b>	<b>Celery Sticks w/ Ranch Dressing Cupped Peaches</b>	<b>Carrot sticks Cupped Blueberries</b>

### Entrees/ Corner Crust

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Cheese Pizza</b> <b>Specialty Pepperoni Pizza</b>	<b>Cheese Pizza</b> <b>Specialty Sausage Pizza</b>	<b>Cheese Pizza</b> <b>Specialty Buffalo Chicken Pizza</b>	<b>Cheese Pizza</b> <b>Specialty Broccoli Pizza</b>	<b>Cheese Pizza</b> <b>Specialty Meatball Pizza</b>

### Vegetables & Fruit

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Corn Salad Cupped Pears</b>	<b>Pinto Bean Salad Cupped Mixed Fruit</b>	<b>Red Pepper Strips Cupped applesauce</b>	<b>Celery Sticks w/ Ranch Dressing Cupped Peaches</b>	<b>Carrot sticks Cupped Blueberries</b>

### Entrees/ Customs Bro Grill

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Chicken Patty Sandwich</i> <b>Specialty Chicken Nuggets</b>	<i>Chicken Patty Sandwich</i> <b>Specialty Meatball Hero</b>	<i>Chicken Patty Sandwich</i> <b>Specialty Spicy Chicken Patty</b>	<i>Chicken Patty Sandwich</i> <b>Specialty Cheese burger</b>	<i>Chicken Patty Sandwich</i> <b>Specialty Pizza Sticks</b>

### Vegetables & Fruit

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

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

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daily 7:20am to 7:45am



# Spring-Ford Area School District May 2022


May 16th to May 20th

## High School Lunch Menu

### Entrees/ Tortilla Bar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Twin chicken Tacos</b>		<b>Kicking Bean Fajita</b>	<b>Chicken Quesadilla</b>	<b>Beef &amp; Bean Burrito</b>
		<b>Vegetables &amp; Fruits</b>		
<b>Mexican Corn Cupped Pears</b>		<b>Mixed Roasted peppers Cupped Applesauce</b>	<b>Fresh Broccoli Cupped Peaches</b>	<b>Rice &amp; Beans Cupped Blueberries</b>

### Entrees/ Grab & Go

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Springford Salad</i> <b>Ham &amp; Cheese on Club roll</b>		<i>Springford Salad</i> <b>Roast Beef &amp; Cheese Club roll</b>	<i>Springford salad w/ Chicken</i> <b>Tuna salad on Whole Wheat Bread</b>	<i>Springford Salad</i> <b>Egg Salad wrap</b>
		<b>Vegetables &amp; Fruits</b>		
<b>Corn Salad Cupped Pears</b>		<b>Red Pepper Strips Cupped applesauce</b>	<b>Celery Sticks w/ Ranch Dressing Cupped Peaches</b>	<b>Carrot sticks Cupped Blueberries</b>

### Entrees/ Corner Crust

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Cheese Pizza</i> <b>Specialty Pepperoni Pizza</b>		<i>Cheese Pizza</i> <b>Specialty Buffalo Chicken Pizza</b>	<i>Cheese Pizza</i> <b>Specialty Broccoli Pizza</b>	<i>Cheese Pizza</i> <b>Specialty Meatball Pizza</b>
		<b>Vegetables &amp; Fruits</b>		
<b>Corn Salad Cupped Pears</b>		<b>Red Pepper Strips Cupped applesauce</b>	<b>Celery Sticks w/ Ranch Dressing Cupped Peaches</b>	<b>Carrot sticks Cupped Blueberries</b>

### Entrees/ Customs/ Bro Grill

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Chicken Patty Sandwich</i> <b>Specialty Chicken Nuggets</b>		<i>Chicken Patty Sandwich</i> <b>Specialty Spicy Chicken Patty</b>	<i>Chicken Patty Sandwich</i> <b>Specialty Cheese burger</b>	<i>Chicken Patty Sandwich</i> <b>Specialty Pizza Sticks</b>
		<b>Vegetables &amp; Fruits</b>		
<b>Baked Fries Corn Salad Cupped Pears</b>		<b>Baked Fries Red Pepper Strips Cupped applesauce</b>	<b>Baked Fries Celery Sticks w/ Ranch Dressing Cupped Peaches</b>	<b>Baked Fries Carrot sticks Cupped Blueberries</b>

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

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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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daily 7:20am to 7:45am



# Spring-Ford Area School District May 2022

May 23 to May 27th

## High School Lunch Menu

### Entrees/ Tortilla Bar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Twin chicken Tacos</b>	<b>Beef Nachos</b>	<b>Kicking Bean Fajita</b>	<b>Chicken Quesadilla</b>	<b>Beef &amp; Bean Burrito</b>

### Vegetables & fruits

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mexican Corn Cupped Pears</b>	<b>Pinto Bean Salad Cupped Mixed Fruit</b>	<b>Mixed Roasted peppers Cupped Applesauce</b>	<b>Fresh Broccoli Cupped Peaches</b>	<b>Rice &amp; Beans Cupped Blueberries</b>

### Entrees/ Grab & Go

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Springford Salad</i> <b>Ham &amp; Cheese on Club roll</b>	<i>Springford salad w/ Chicken</i> <b>Turkey &amp; Cheese on Club Roll</b>	<i>Springford Salad</i> <b>Roast Beef &amp; Cheese Club roll</b>	<i>Springford salad w/ Chicken</i> <b>Tuna salad on Whole Wheat Bread</b>	<i>Springford Salad</i> <b>Egg Salad wrap</b>

### Vegetables & fruits

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Corn Salad Cupped Pears</b>	<b>Pinto Bean Salad Cupped Mixed Fruit</b>	<b>Red Pepper Strips Cupped applesauce</b>	<b>Celery Sticks w/ Ranch Dressing Cupped Peaches</b>	<b>Carrot sticks Cupped Blueberries</b>

### Entrees/ Corner Crust

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Cheese Pizza</i> <b>Specialty Pepperoni Pizza</b>	<i>Cheese Pizza</i> <b>Specialty Sausage Pizza</b>	<i>Cheese Pizza</i> <b>Specialty Buffalo Chicken Pizza</b>	<i>Cheese Pizza</i> <b>Specialty Broccoli Pizza</b>	<i>Cheese Pizza</i> <b>Specialty Meatball Pizza</b>

### Vegetables & fruits

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Corn Salad Cupped Pears</b>	<b>Pinto Bean Salad Cupped Mixed Fruit</b>	<b>Red Pepper Strips Cupped applesauce</b>	<b>Celery Sticks w/ Ranch Dressing Cupped Peaches</b>	<b>Carrot sticks Cupped Blueberries</b>

### Entrees/ Customs Bro Grill

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Chicken Patty Sandwich</i> <b>Specialty Chicken Nuggets</b>	<i>Chicken Patty Sandwich</i> <b>Specialty Meatball Hero</b>	<i>Chicken Patty Sandwich</i> <b>Specialty Spicy Chicken Patty</b>	<i>Chicken Patty Sandwich</i> <b>Specialty Cheese burger</b>	<i>Chicken Patty Sandwich</i> <b>Specialty Pizza Sticks</b>

### Vegetables & fruits

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

All sides are available to all meal choices

#### Daily Sides Fruits & Vegetables

- Baby Carrots, Fresh Apple, Fresh Orange, Raisins
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