High School Lunch Menu

## Entrees Tortilla Bar

| Monday | Tuestay | Wednestay | Thursslay | Friday |
| :---: | :---: | :---: | :---: | :---: |
| Cheese Pizza | Cheese Pizza | Cheese Pizza | Cheese Pizza | Cheese Pizza |
| Specicilty Pepperoní Pizza | Specialty Sausage Pizza | $\begin{gathered} \text { Specialty } \\ \text { Buffale Chicken Pizza } \end{gathered}$ | Specialty Broceolí Pizza | Specialty Meatball Pizza |
| Vegetables \& fruits |  |  |  |  |
| 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

| Monday | Tuesslay | Wednestay | Thurstay | Friday |
| :---: | :---: | :---: | :---: | :---: |
| Chicken Patty Sandwich | Chicken Patty Sandwich | Chicken Patty Sandwich | Chicken Patty Sandwich | Chicken Patty Sandwich |
| Specialty Chicken Nuggets | Specialty Meatball Hero | Specialty <br> Spicy Chicken Patty | Specialty Cheese burger | Specialty Pizza Sticks |
| Vegetables \& fruits |  |  |  |  |
| Monday | Tuestay | Wednestay | Thurstay | Friday |
| Baked Fries Corn Salad Cupped Pears | Baked Fries <br> Pinto Bean Salad Cupped Mixed Fruit | Tater Tots <br> Red Pepper Strips Cupped applesauce | Baked Fries Celery Sticks w/ Ranch Cupped Peaches | Baked Fries Carrot sticks Cupped Blueberries |

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 $1 / 2$ cup fruit, $1 / 2$ cup vegetable or a $40 z$ 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 breakfiast Service
daily 7:20am to 7:45am

High School Lunch Menu

| Monday | Tuesday | Wednestay | Thurstay | Friday |
| :---: | :---: | :---: | :---: | :---: |
| Twin chicken Tacos | Beef Nachos | Kicking Bean Fajita | Chicken Quesadilla | Beef 8 Bean Burrite |
| Vegetables \& fruits |  |  |  |  |
| Monday | Tuesday | Wednesiay | Thursiay | Friday |
| Mexican Corn Cupped Pears | Pinto Bean Salad Cupped Mixed Fruit | Mixed Roasted peppers Cupped Applesauce | Fresh Broccoli Cupped Peaches | Rice \& Beans Cupped Blueberries |


| Entrees Grab \& Go |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Monday | Tuesday | Wednestay | Thursiay | Friday |
| Springford Salad <br> Ham $\mathcal{E}$ Cheese on Club roll | Springford salad w/ Chicken <br> Turkey \& Cheese on Club Roll | Springford Salad <br> Roast Beef 8 Cheese Club roll | Springford salad $w /$ Chicken <br> Tund salad on Whole Wheat Bread | Springford Salad <br> Egg Salad wrap |
| Vegetables \& fruits |  |  |  |  |
| Monday | Tuesday | Wednestay | Thurstay | 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 |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | Monday | Tuesday | Wednestay | Thurssay | Friday |
| CORNER CRIST | Cheese Pizza <br> Specialty Pepperoni pizza | Cheese Pizza <br> Specialty Sausage Pizza | Cheese Pizza <br> Specialty Buffalo Chicken Pizza | Cheese Pizza <br> Specialty Broccelí Pizza | Cheese Pizza <br> Specialty Meatball Pizza |
|  |  |  | Vegetables \& fruits |  |  |
|  | 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 |
|  |  |  | Alrees Customs Bro Gril |  |  |
|  | Monday | Tuestay | Wednestay | Thursslay | Friday |
| WHotin | Chicken Patty Sandwich <br> Specialty Chicken Nuggets | Chicken Patty Sandwich <br> Specialty Meatball Here | Chicken Patty Sandwich <br> Specialty Spicy Chicken Patty | Chicken Patty Sandwich <br> Specialty Cheese burger | Chicken Patty Sandwich <br> Specialty Pizza Sticks |
|  |  |  | Vegetables \& fruits |  |  |
|  | Monday | Tuesday | Wednestay | Thursiay | Friday |
|  | Baked Fries Cupped Pears | Baked Fries Pinto Bean Salad Cupped Mixed Fruit | Baked Fries <br> Red Pepper Strips Cupped applesauce | Baked Fries <br> Celery Sticks w/ Ranch Cupped Peaches | Baked Fries Carrot sticks Cupped Blueberries |

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

- Baby Carrots, Fresh Apple, Fresh Orange, Raisins

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

- 100\% Fruit Juice: Apple, Orange
- Milk: Skim White, Chocolate or 1\% White
* = Lacto-Ovo Vegetarian, may contain milk
must be a $1 / 2$ cup fruit, $1 / 2$ cup vegetable or a $40 z$ 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

High School Lunch Menu

| Monday |
| :---: |
| $\begin{array}{c}\text { Twin chicken } \\ \text { Taceos }\end{array}$ |
| Monday <br> $\begin{array}{c}\text { Mexican Corn } \\ \text { Cupped Pears }\end{array}$ |



Entrees Tortilla Bar


| Monday |  | Welliestlay | Thurssay | Friday |
| :---: | :---: | :---: | :---: | :---: |
| Twin chicken Tacos |  | Kicking Bean Fajita | Chicken Quesadilla | Beef $\mathcal{E}$ Bean Burrite |
|  |  | Vegetables \& fruits |  |  |
| Monday |  | Wednestay | Thurslay | Fritay |
| Mexican Corn Cupped Pears |  | Mixed Roasted peppers Cupped Applesauce | Fresh Broccoli Cupped Peaches | Rice \& Beans upped Blueberries |


| Monlay | Tuestay | Wedinestay | Thursslay | Fritay |
| :---: | :---: | :---: | :---: | :---: |
| Springford Salad Ham 8 Cheese on Club roll |  | Springford Salad <br> Roast Beef $\mathcal{E}$ Cheese Club roll |  | Springford Salad <br> Egg Salad wrap |
|  |  | Vegetables \& fruits |  |  |
| Monlay |  | Wedinestay | Thurslay | Frilay |
| Corn Salad Cupped Pears |  | Red Pepper Strips Cupped applesauce | Celery Sticks w/ Ranch Cupped Peach | Garrot sticks Cupped Blueberries |


|  | Entrees Corner Crust |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | Monday | Tuestay | Wedinestay | Thursslay | Frilay |
|  | Cheese Pizza <br> Specialty Pepperoni Pizza |  | $\begin{gathered} \text { Cheese Pizza } \\ \text { Specialty } \\ \text { Buffalo Chicken Pizza } \end{gathered}$ | Cheese Pizza <br> Specialty Broccolí Pizze | Cheese Pizza <br> Specialte Meatball Pizza |
|  |  |  | Vegetables \& fruits |  |  |
|  | Monday |  |  | Thursday | Friday |
|  | Corn Salad Cupped Pears |  | Red Pepper Strips Cupped applesauce | Celery Sticks w/ Ranch Cupped Peaches | Carrot sticks Cupped Blueberries |
|  | Entrees Customs Bro Gril |  |  |  |  |
|  | Monday |  | Wednestay | Thurstay | Friday |
|  | Chicken Patty Sandwich <br> Specialty Chicken Nuggets |  |  | Chicken Patty Sandwich <br> Specialty Cheese burger | Chicken Patty Sandwich <br> Specialty Pizza Sticks |
|  |  |  | Vegetables \& fruits |  |  |
|  | Monday |  | Wedinestay | Thurslay | Frilay |
|  | Baked Fries Cupped Pears |  | Red Pepper Strips Cupped applesauce | Celery Sticks w/ Ranch Cupped Peaches | Carrot sticks Cupped Blueberrie |

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 $1 / 2$ cup fruit, $1 / 2$ cup vegetable or a $40 z$ 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

# May 2022 

High School Lunch Menu

| Monday | Tuesday | Wednesday | Thurslay | Friday |
| :---: | :---: | :---: | :---: | :---: |
| Twin chicken <br> Taces | Beef Nachos | Kicking Bean <br> Fajita | Chicken <br> Quesadilla | Beeff \& Bean <br> Burrito |
| Monday | Tuesday | Wegctables \& fruits |  |  |
| Mexican Corn <br> Cupped Pears | Pinto Bean Salad <br> Cupped Mixed Fruit | Mixed Roasted peppers <br> Cupped Applesauce | Fresh Broccoli <br> Cupped Peaches | Rice \& Beans <br> Cupped Blueberries |

## Entrees Tortilla Bar

| Entrees Grab \& Go |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Monday | Tuesday | Wednestay | Thurstay | Friday |
| Springford Salad <br> Ham ECheese on Club roll | Springford salad w/ Chicken <br> Turkey \& Cheese on Club Roll | Springford Salad <br> Roast Beef \& Cheese Club roll | Springford salad w/ Chicken Tunc salad on Whole Wheat Bread | Springford Salad <br> Egg Salad Wrap |
| Vegetables \& fruits |  |  |  |  |
| Monday | Tuesday | Wednestay | Thurstay | 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 |



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

- Baby Carrots, Fresh Apple, Fresh Orange, Raisins

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 $1 / 2$ cup fruit, $1 / 2$ cup vegetable or a $40 z$ fruit juice. Meals without a fruit or vegetable will be charged a la carte pricing.

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

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

