

September 2022

High School Menu



Entrees/ Tortilla Bar

Monday	Tuesday	Wednesday	Thursday	Friday
Twin chicken Tacos	Beef Nachos	Kicking Bean Fajita	Chicken Quesadilla	Beef & Bean Burrito

Vegetables & fruit

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

Vegetables & fruit

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

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

Vegetables & fruit

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

Vegetables & fruit

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

Service from 7:20am to 7:50am
Breakfast Daily

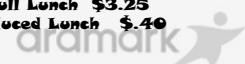
- Muffins, Bagels, Egg sandwiches, Pop tarts
 - 100% Fruit Juice: Apple, Orange
 - Milk: Skim White, Chocolate or 1% White
- * = Lacto-Ovo Vegetarian, may contain milk

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.

Prices
Full Breakfast \$1.85
Reduced Breakfast \$.30

Full Lunch \$3.25
Reduced Lunch \$.40



Spring-Ford Area School District September 2022

September 5 to September 9

High School Menu



Entrees/ Tortilla Bar

Monday	Tuesday	Wednesday	Thursday	Friday
	Beef Nachos	Kicking Bean Fajita	Chicken Quesadilla	Beef & Bean Burrito
	Vegetables & fruits			
	Pinto Bean Salad Cupped Mixed Fruit	Mixed Roasted peppers Cupped Applesauce	Fresh Broccoli Cupped Peaches	Rice & Beans Cupped Blueberries

Entrees/ Grab & Go

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Springford salad w/ Chicken</i> Turkey & Cheese on Club Roll	<i>Springford Salad</i> Roast Beef & Cheese Club roll	<i>Springford salad w/ Chicken</i> Tuna salad on Whole Wheat Bread	<i>Springford Salad</i> Egg Salad wrap
	Vegetables & fruits			
	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	Wednesday	Thursday	Friday
	<i>Cheese Pizza</i> Specialty Sausage Pizza	<i>Cheese Pizza</i> Specialty Buffalo Chicken Pizza	<i>Cheese Pizza</i> Specialty Broccoli Pizza	<i>Cheese Pizza</i> Specialty Meatball Pizza
	Vegetables & fruits			
	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	Tuesday	Wednesday	Thursday	Friday
	<i>Chicken Patty Sandwich</i> Specialty Meatball Hero	<i>Chicken Patty Sandwich</i> Specialty Spicy Chicken Patty	<i>Chicken Patty Sandwich</i> Specialty Cheese burger	<i>Chicken Patty Sandwich</i> Specialty Pizza Sticks
	Vegetables & fruits			
	<i>Baked Fries</i> Pinto Bean Salad Cupped Mixed Fruit	<i>Baked Fries</i> Red Pepper Strips Cupped applesauce	<i>Baked Fries</i> Celery Sticks w/ Ranch Dressing Cupped Peaches	<i>Baked Fries</i> 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

Service from 7:20am to 7:50am
Breakfast Daily

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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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NOTICE TO CONSUMERS

Please communicate any food allergies to an employee of this establishment and that employee shall communicate that food allergy information to the Person In Charge or Certified Food Protection Manager on duty at this establishment.



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Reduced Breakfast \$.30

Full Lunch \$3.25
Reduced Lunch \$.40

Spring-Ford Area School District September 2022

September 12 to September 16

High School Menu



Entrees/ Tortilla Bar

Monday	Tuesday	Wednesday	Thursday	Friday
Twin chicken Tacos	Beef Nachos	Kicking Bean Fajita	Chicken Quesadilla	Beef & Bean Burrito

Vegetables & fruits

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

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/ Corner Crust

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

Vegetables & fruits

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

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Daily Sides Fruits & Vegetables

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