



High School Menu

		Entree/ Tortilla Bar		
Monday	Tuesday	Wednesday	Thursday	Friday
Twin chicken Tacos	Beef Naches	Kicking Bean Fajita	Chicken Quesadilla	Beef & Bean Burrite
		Vegetables & Fruits		0. 0. 115.
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
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
		Vegetables & Fruits	-118 148 10 m	A A
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		THE PARTY
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	1	788
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



		entreet Cottomt Blo Cili		
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 borger	Specialty Pizza Sticks
		Vegetables & Fruits		
Monday	Tuesday	Wednesday	Thursday	Friday
Baked Fries Corn Salad Cupped Pears	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

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

- Baby Carrots, Fresh Apple, Fresh Orange,
- 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





September 5 to September 9

September 2022

High School Menu





Tuesday	Wednesday	Thursday	Friday	
Beef Naches	Kicking Bean Fajita	Chicken Quesadilla	Beef & Bean Burrite	
Yegetables & Fruits				
Tuesday	Wednesday	Thursday	Friday	
Pinto Bean Salad Cupped Mixed Fruit	Mixed Roasted peppers Cupped Applesauce	Fresh Broccoli Cupped Peaches	Rice & Beans Cupped Blueberries	
	Beef Naches Tuesday Pinto Bean Salad	Beef Naches Kicking Bean Fajita Vegetable/ & fruit/ Tuesday Wednesday Pinto Bean Salad Mixed Roasted peppers	Beef Naches Kicking Bean Fajita Vegetable/ & fruit/ Tuesday Wednesday Pinto Bean Salad Mixed Roasted peppers Fresh Broccoli	

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	Entree/ Grab & Go		
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	Tuna salad on Whole Wheat Bread	Egg Salad wrap
	Vegetables & Fruits	118 18 18 18 18	TO A
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 Turkey & Cheese on Club Roll Tuesday	Tuesday Springford salad w/ Chicken Turkey & Cheese on Club Roll Vegetables & fruits Tuesday Pinto Bean Salad Wednesday Wednesday Red Pepper Strips	Springford salad w/ Chicken Turkey & Cheese on Club Roll Springford Salad Roast Beef & Cheese Club roll Vegetable/ & fruit/ Tuesday Wednesday Thursday Pinto Bean Salad Red Pepper Strips Springford salad w/ Chicken Tuesday Tong salad on Whole Wheat Bread Celery Sticks w/ Ranch Dressing



		Entrees Corner Crust		
Monday	Tuesday	Wednesday	Thursday	Friday
***	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
Happy	Specialty Sausage Pizza	Specialty Buffalo Chicken Pizza	Specialty Broccoli Pizza	Specialty Meatball Pizza
		Vegetables & Fruits		THE RESERVE
Labor Day	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



Monday	Tuesday	Wednesday	Thursday	Friday	
	Chicken Patty Sandwich	Chicken Patty Sandwich	Chicken Patty Sandwich	Chicken Patty Sandwich	
Hanny **	Specialty Meatball Hero	Specialty Spicy Chicken Patty	Specialty Cheese burger	Specialty Pizza Sticks	
тарру 🔭	Vegetables & Fruits				
Labor Day	Tuesday	Wednesday	Thursday	Friday	
***	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	

Fatrage Gudame Rea Geill

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

- Baby Carrots, Fresh Apple, Fresh Orange,
- 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
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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.

#IDPH

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 $\frac{1}{2}$ cup fruit, $\frac{1}{2}$ 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



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

High School Menu





		Entree/ Tortilla Bar		
Monday	Tuesday	Wednesday	Thursday	Friday
Twin chicken Tacos	Beef Nachos	Kicking Bean Fajita	Chicken Quesadilla	Beef & Bean Burrite
		Vegetables & Fruits		(a) (b) 11 (2)
Monday	Tuesday	Wednesday	Thursday	Friday
Mexican Corn Cupped Pears	Pinto Bean Salad Cupped Mixed Fruit	Mixed Roasted peppers Cupped Applesauce	Fresh Broccoll Cupped Peaches	Rice & Beans Cupped Blueberries



		Entrees Grab & Go		
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
		Vegetables & Fruits	11/1/19/19/19	The Art
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		CAST ASS.
Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
Specialty Pepperoni Pizza	Speciałty Sawsage Pizza	Specialty Buffalo Chicken Pizza	Specialty Broccoli Pizza	Specialty Meatball Pizza
		Vegetables & fruits		788
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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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 Here	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

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

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

- Muffins, Bagels, Egg sandwiches, Pop tarts
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Prices Full Breakfast \$1.85 Reduced Breakfast \$.30

122 High School Menu





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

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1	Del	
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		Entreer Grab & Go			
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	
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		THE PARTY	
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					
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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Monday	Tuesday	Wednesday	Thursday	Friday	
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Specialty Chicken Nuggets	Specialty Meatball Hero	Specialty Spicy Chicken Patty	Specialty Cheese burger	Specialty Pizza Sticks	
		Vegetables & Fruits			
Monday	Tuesday	Wednesday	Thursday	Friday	
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Frices
Full Breakfast \$1.85
Reduced Breakfast \$.30



Monday

High School Menu





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ay	Tuesday	Wednesday	Thursday	Friday	
	Beef Naches	Kicking Bean Fajita	Chicken Quesadilla	Beef & Bean Burrite	
100		Vegetables & Cruits			

Entrees Tortilla Bar

Tuesday	Wednesday	Thursday	Friday
Pinto Bean Salad	Mixed Roasted peppers	Fresh Broccoli	Rice & Beans
Cupped Mixed Fruit	Cupped Applesauce	Cupped Peaches	Cupped Blueberries





Monday

Tuesday	Wednesday	
Springford salad w/	Springford Salad	

Chicken Rogst Beef & Cheese Turkey & Cheese on Club Roll Club roll

> Vegetables & fruits Wednesday

Entrees Grab & Go

Pinto Bean Salad upped Mixed Fruit	Red Pepper Strips Cupped applesauce

Tuesday

Pinto Bean Salad Cupped Mixed Fruit

Cupped Mixed Fruit

Thursday Springford salad w/ Chicken

Tuna salad on Whole Wheat Bread

Thursday

Celery Sticks w/ Ranch Dressing Cupped Peaches

Celery Sticks w/ Ranch

Dressing Cupped Peaches

Cupped Peaches

Springford Salad

Egg Salad wrap

Friday

Friday

Carrot sticks Cupped Blueberries

Carrot sticks Cupped Blueberries

Cupped Blueberries





	Tuesday	Wednesday	Thursday	Friday			
	Cheese Pizza Cheese Pizza		Cheese Pizza	Cheese Pizza			
	Specialty Sausage Pizza	Specialty Boffalo Chicken Pizza	Specialty Broccoli Pizza	Specialty Meatball Pizza			
	Vegetables & Fruits						
Tuesday Wednesday		Wednesday	Thursday	Friday			





Red Pepper Strips Cupped applesauce

Citizery Obytomy pio offi					
Monday	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	
SCHOOL		Vegetables & fruits			
JUNIOUS	Tuesday	Wednesday	Thursday	Friday	
CLOSEN	Baked Fries Pinto Bean Salad	Baked Fries Red Pepper Strips	Baked Fries	Baked Fries Carrot sticks	

Cupped applesauce



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