# Spring-Ford Area School District November 2022

## **High School Menu**





		Entrees Tortilla Bar		
Monday	Tuesday	Wednesday	Thursday	Friday
Twin chicken Taces	Beef Nachos	Kicking Bean Fajita	Chicken Quesadilla	Beef & Bean Burrito
		Vegetables & Fruits		0. 00 1152
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

## 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	Tona salad on Whole Wheat Bread	Egg Salad wrap			
	Vegetables & Fruits						
Monday	Tuesday	Wednesday	Thursday	Friday			

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/ Corner Cru/t		CAST POT
Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
Specialty Pepperoni Pizza	Specialty Sausage 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

Entree/ Gu/tom/ Bro Grill						
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	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.

Full Breakfast FREE Reduced Breakfast FREE

Full Lunch \$3.25 This institution Reduced Lunch \$.40 ty provider.







## November 2022

## **High School Menu**





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

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SI	ree Pel	T	STATE OF STA

	Entree/ Grab & Go	300	CONTRACT TO
Tuesday	Wednesday	Thursday	Friday
CCHOOL	Springford Salad	Springford salad w/ Chicken	Springford Salad
SCHOOL	Roast Beef & Cheese Club roll	Tona salad on Whole Wheat Bread	Egg Salad wrap
CLOSED	Yegetables & Fruits	A. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1.	A A
	Wednesday	Thursday	Friday
Sa	Red Pepper Strips Cupped applesauce	Celery Sticks w/ Ranch Dressing Cupped Peaches	Carrot sticks Cupped Blueberries
	SCHOOL CLOSED	SCHOOL SCHOOL Reast Beef & Cheese Club rell Vegetables & fruits Wednesday  Red Pepper Strips	SCHOOL Springford Salad Reast Beef & Cheese Club rell Vegetable: & fruits Wednesday  Red Pepper Strips  Thursday  Thursday  Springford salad w/ Chicken Tona salad en Whole Wheat Bread  Thursday  Celery Sticks w/ Ranch Dressing



Entrees Corner Crust				
Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Pizza	CCLIOOL	Cheese Pizza	Cheese Pizza	Cheese Pizza
Specialty Pepperoni Pizza	SCHOOL	Specialty Buffalo Chicken Pizza	Specialty Broccoli Pizza	Specialty Meatball Pizza
	CLOSED	Vegetables & fruits		
Monday	CLUDLU	Wednesday	Thursday	Friday
Corn Salad Cupped Pears	- Sar	Red Pepper Strips Cupped applesauce	Celery Sticks w/ Ranch Dressing Cupped Peaches	Carrot sticks Cupped Blueberries



Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Patty Sandwich  Specialty Chicken Noggets	SCHOOL	Chicken Patty Sandwich  Specialty  Spicy Chicken Patty	Chicken Patty Sandwich  Specialty Cheese burger	Chicken Patty Sandwich  Specialty Pizza Sticks
	CLOCED	Vegetables & fruits	Officese POL ger	71224
Monday	CLUSED	Wednesday	Thursday	Friday
Baked Fries Corn Salad Cupped Pears	Nad	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

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Prices Full Breakfast FREE Reduced Breakfast FREE

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- Milk: Skim White, Chocolate or 1% White
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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.



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





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		Vegetables & Fruits		- S
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

Calcage Taskilla Day

		Entree/ 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	Tona salad on Whole Wheat Bread	Egg Salad Wrap
		Yegetables & fruits	-18 1850 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		CAST ASS.
Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
Specialty Pepperoni Pizza	Specialty Sausage Pizza	Specialty Buffalo Chicken Pizza	Specialty Broccoli Pizza	Specialty Meatball Pizza
		Vegetables & Fruits	1	-788
Monday	Tuesday	Wednesday	Thursday	Friday
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Entree/ GU/tom/ Bro Grill				
Monday	Tuesday	Wednesday	Thursday	Friday
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		Vegetables & Fruits		
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- 100% Fruit Juice: Apple, Orange
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Full Lunch \$3.25 This institution is an equal op Reduced Lunch . \$.40

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## Nov 28 To Dec 2

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		Vegetables & Fruits		A. 20 11 15.
Monday	Tuesday	Wednesday	Thursday	Friday
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Monday	Tuesday	Wednesday	Thursday	Friday
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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 10000	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
		Red Pepper Strips Cupped applesauce	Dressing	



		Entrees Corner Crust		THE PARTY OF THE P
Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
Specialty Pepperoni Pizza	Specialty Savsage Pizza	Specialty Buffalo Chicken Pizza	Specialty Broccoli Pizza	Specialty Meatball Pizza
		Vegetables & Fruits		788
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Chicken Patty Sandwich	Chicken Patty Sandwich	Chicken Patty Sandwich	Chicken Patty Sandwich	Chicken Patty Sandwich
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		Vegetables & Fruits		
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