Spring-Ford Area School District June 2022

High School Lunch Menu

Tuesda	y Wednesday	Thursday	Friday
Day Beef Na	ichos Kicking Be	an Chicken	Beef & Bean
	Vegetables & Fr	vitz	
Tuesda	y Wednesday	Thursday	Friday
Day Pinto Bean Cupped Mixe		ppers Fresh Brocco uce Cupped Peach	
Pinto Bean			li Rice

Monday	Tuesday	Wednesday	Thursday	Friday
Memorial Day	Springford salad w/ Chicken Turkey & Cheese on Club Roll	Springford Salad Roast Beef & Cheese Club roll	Springford salad w/ Chicken Tuna salad on Whole Wheat Bread	Springford Salad Egg Salad wrap
		Vegetables & Fruits	- The all and a second	
Monday	Tuesday	Wednesday	Thursday	Friday
Memorial Day	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		and the second second
	Monday	Tuesday	Wednesday	Thursday	Friday
		Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
ST	Memorial Day	Specialty Sausage Pizza	Specialty Buffalo Chicken Pizza	Specialty Broccoli Pizza	Specialty Meatball Pizza
			Vegetables & Fruits		and the second second
	Monday	Tuesday	Wednesday	Thursday	Friday
	Memorial Day	Pinto Bean Salad Cupped Mixed Fruit	Red Pepper Strips Cupped applesauce	Celery Sticks w/ Ranch Dressing Cupped Peaches	Carrot sticks Cupped Blueberries

		Entree/ Cu/tom/ Bro Gril	Delige Participation	
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Patty Sandwich	Chicken Patty Sandwich	Chicken Patty Sandwich	Chicken Patty Sandwich	Chicken Patty Sandwich
Memorial Day	Specialty Meatball Hero	Specialty Spicy Chicken Patty	Specialty Cheese burger	Specialty Pizza Sticks
		Vegetables & Fruits		
Monday	Tuesday	Wednesday	Thursday	Friday
Memorial Day	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 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 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



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Spring-Ford Area School District

June 6th to June 10th

High School Lunch Menu



		Entreez Tortilla Bar		
Monday	Tuesday	Wednesday	Thursday	Friday
Twin chicken Tacos	Beef Nachos	Kicking Bean Fajita	Chicken Quesadilla	Beef & Bean Burrito
		Vegetables & Fruits		-1. B. H. 192
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 Blueberrie

		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	- Allenor	
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 Blueberrie

		Entrees Corner Crust		12
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		Statistics and the
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 Blueberrie

		Entrees Customs Bro Gril	La segura del com	
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	Baked Fries Red Pepper Strips Cupped applesauce	Baked Fries Celery Sticks w/ Ranch Cupped Peaches	Baked Fries Carrot sticks Cupped Blueberries

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