

January 2022

High School Lunch Menu

Any questions you can contact Scott Orsini FSD At sorsic@spring-ford.net

Monday	Tuesday	Wednesday	Thursday	Friday
3 French Toast Sticks w/ Sausage <u>VEG Of The Day</u> Hash Browns <u>Fruit of the Day</u> Pears	4 Spaghetti & Meatball Day <u>VEG Of The Day</u> Broccoli <u>Fruit of the Day</u> Mixed Fruit	5 Mac & Cheese <u>VEG Of The Day</u> Green Beans <u>Fruit of the Day</u> Apple sauce	6 Salisbury Steak w/Egg Noodles & Gravy <u>VEG Of The Day</u> Broccoli <u>Fruit of the Day</u> Peaches	7 Mozzarella sticks <u>VEG Of The Day</u> Fries <u>Fruit of the Day</u> Blueberries
10 Pancakes w/ Sausage <u>VEG Of The Day</u> Hash Browns <u>Fruit of the Day</u> Pears	11 French Bread Pizza <u>VEG Of The Day</u> Broccoli <u>Fruit of the Day</u> Mixed Fruit	12 Three Cheese Calzone w/ Marinara sauce <u>VEG Of The Day</u> Broccoli <u>Fruit of the Day</u> Applesauce	13 Disco Fries <u>VEG Of The Day</u> Celery Sticks <u>Fruit of the Day</u> Peaches	
	18 Mediterranean Grain Bowl <u>VEG Of The Day</u> Pickled Relish <u>Fruit of the Day</u> Mixed Fruit	19 Chicken Parmesan W/ Spaghetti <u>VEG Of The Day</u> Broccoli <u>Fruit of the Day</u> Applesauce	20 Boneless Wing Bar <u>VEG Of The Day</u> Charro Black Beans <u>Fruit of the Day</u> Peaches	21 Chicken Tender Platter <u>VEG Of The Day</u> Smiley Tots <u>Fruit of the Day</u> Blueberries
24 French Toast Sticks w/ Sausage <u>VEG Of The Day</u> Hash Browns <u>Fruit of the Day</u> Pears	25 Soup & Sandwich Day Toasted Grilled Cheese <u>VEG Of The Day</u> Tomato soup <u>Fruit of the Day</u> Mixed Fruit	26 Chicken Nuggets Breakfast Bowl <u>VEG Of The Day</u> Celery Sticks <u>Fruit of the Day</u> Apple sauce	27 General Tso Beef & Vegetables <u>VEG Of The Day</u> Broccoli <u>Fruit of the Day</u> Peaches	28 Corn Dog Nuggets w/ Dipping Sauces <u>VEG Of The Day</u> Side Salad <u>Fruit of the Day</u> Blueberries
31 Pancakes w/ Sausage <u>VEG Of The Day</u> Collard Greens <u>Fruit of the Day</u> Pears				



Tacos, Nachos, Burritos and Rice Bowls Made-to-Order Daily

Toppings Include Chicken Taco Meat, Beef Taco Meat, Black Beans, Corn, Cheddar Cheese, Cheese Sauce, Shredded Lettuce, Diced Tomatoes, Jalapenos, Banana Peppers, Black Olives, Sour Cream, Guacamole, Weekly Featured Salsa

Hand Tossed



Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Pizza Pepperoni Pizza Specialty Pizza	Cheese Pizza Pepperoni Pizza Specialty Pizza	Cheese Pizza Pepperoni Pizza Specialty Pizza	Cheese Pizza Pepperoni Pizza Specialty Pizza	Cheese Pizza Pepperoni Pizza Specialty Pizza



Daily Grill Favorites

Cheeseburger, Hamburger, Veggie Burger, Chicken Patty, Spicy Chicken Patty, Chicken Nuggets with Fresh Baked Roll, Mozzarella Sticks, French Fries



Customizable Salads and Sandwiches

Choice of Bread: Wrap, Kaisers Rolls, Hoagie rolls

Choice of Protein/Dairy: Turkey, Ham, Baked chicken, American Cheese, Provolone, Tuna salad, and Egg Salad

Choice of Toppings: to include fresh vegetables, fruits and legumes (Choice of two toppings)

Grab & Go Entrees: Assorted Pre maid sandwiches & salads

Available Daily Sides

- Assorted cupped Fruit, Fresh Apple, Fresh Orange, Fresh Bananas
- Baby carrots, assorted crudité, fresh side salad
- 100% Juice: Apple, Fruit juice, Orange, Grape juice
- Milk: Skim White, Chocolate or Strawberry, 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.

Our apologies however due to some staffing shortages and supply chain issues some items and stations may need to be closed at times.

This institution is an equal opportunity provider.

