

# September 2021

# High School Lunch Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
30 <b>Pancakes Served w/ Sausage</b> <u>VEG Of The Day</u> Hash Browns <u>Fruit of the Day</u> Pears	31 <b>Loaded Tatter Tots &amp; Chicken Popcorn w/ Garlic Toast</b> <u>VEG Of The Day</u> Cauliflower <u>Fruit of the Day</u> Mixed Fruit	1 <b>Cheese Ravioli w/ Marinara &amp; Bread Stick</b> <u>VEG Of The Day</u> Broccoli <u>Fruit of the Day</u> Applesauce	2 <b>Twin Tacos w/ Cilantro Rice</b> <u>VEG Of The Day</u> Charro Black Beans <u>Fruit of the Day</u> Peaches	3 <b>Chicken Tenders</b> <u>VEG Of The Day</u> Waffle Fries <u>Fruit of the Day</u> Grapes
		8 <b>Baked Fish Bites w/ Mac &amp; Cheese</b> <u>VEG Of The Day</u> Corn <u>Fruit of the Day</u> Peaches	9 <b>Baked Lasagna</b> <u>VEG Of The Day</u> Broccoli <u>Fruit of the Day</u> Applesauce	10 <b>Tony's Pizza</b> <u>VEG Of The Day</u> Smiley Tots <u>Fruit of the Day</u> Strawberries
13 <b>French Toast Sticks w/ Sausage</b> <u>VEG Of The Day</u> Hash Browns <u>Fruit of the Day</u> Pears	14 <b>Vegetable Bean Chili Mac w, Corn Muffin</b> <u>VEG Of The Day</u> Carrots <u>Fruit of the Day</u> Mixed Fruit	15 <b>Chicken Nuggets Breakfast Bowl</b> <u>VEG Of The Day</u> Celery Sticks <u>Fruit of the Day</u> Peaches		17 <b>Pizza Sticks</b> <u>VEG Of The Day</u> Side Salad <u>Fruit of the Day</u> Grapes
20 <b>Pancakes Served w/ Sausage</b> <u>VEG Of The Day</u> Collard Greens <u>Fruit of the Day</u> Pears	21 <b>Orange Glazed Chicken w/ Rice</b> <u>VEG Of The Day</u> Red Pepper Strips <u>Fruit of the Day</u> Mixed Fruit	22 <b>Cheese Ravioli w/ Marinara Sauce</b> <u>VEG Of The Day</u> Zucchini <u>Fruit of the Day</u> Peaches	23 <b>Salisbury Steak w/Egg Noodles &amp; Gravy</b> <u>VEG Of The Day</u> Celery Sticks <u>Fruit of the Day</u> Applesauce	24 <b>Balsamic Glazed Parmesan Popcorn Chicken w/ Creamy Italian Rice</b> <u>VEG Of The Day</u> Cucumber & Tomato Salad <u>Fruit of the Day</u>
27 <b>French Toast Sticks w/ Sausage</b> <u>VEG Of The Day</u> Hash Browns <u>Fruit of the Day</u> Pears	28 <b>Chicken Parmesan w/ Spaghetti</b> <u>VEG Of The Day</u> Broccoli <u>Fruit of the Day</u> Mixed Fruit	29 <b>Fried Rice</b> <u>VEG Of The Day</u> Carrots <u>Fruit of the Day</u> Applesauce	30 <b>Disco Fries w/ Tortilla Chips</b> <u>VEG Of The Day</u> Celery Sticks <u>Fruit of the Day</u> Peaches	



### 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				



### 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.