

# October 2021

## High School Lunch Menu

Any questions you can contact Scott Orsini FSD At [sorsini@spring-ford.net](mailto:sorsini@spring-ford.net)

Monday	Tuesday	Wednesday	Thursday	Friday
				<sup>1</sup> Vegetable Bean Chili Mac w/ Corn Muffin <u>VEG Of The Day</u> Carrots <u>Fruit of the Day</u> Mixed Fruit
<sup>4</sup> French Toast Sticks w/ Sausage <u>VEG Of The Day</u> Hash Browns <u>Fruit of the Day</u> Pears	 <b>National Taco Day</b>	<sup>6</sup> Cheese Ravioli w/ Marinara & Bread Stick <u>VEG Of The Day</u> Broccoli <u>Fruit of the Day</u> Applesauce	<sup>7</sup> Boneless Wing Bar <u>VEG Of The Day</u> Charro Black Beans <u>Fruit of the Day</u> Peaches	<sup>8</sup> Chicken Tenders <u>VEG Of The Day</u> Waffle Fries <u>Fruit of the Day</u> Grapes
	<sup>12</sup> Pancakes w/ Sausage & Syrup <u>VEG Of The Day</u> Hash browns <u>Fruit of the Day</u> Mixed Fruit	<sup>13</sup> Loaded Tatter Tots & Chicken Popcorn w/ Garlic Toast <u>VEG Of The Day</u> Corn <u>Fruit of the Day</u> Peaches	<sup>14</sup> Chicken Nacho Grande <u>VEG Of The Day</u> Rice & Beans <u>Fruit of the Day</u> Peaches	 <b>Pasta Day</b>
<sup>18</sup> French Toast Sticks w/ Sausage <u>VEG Of The Day</u> Hash Browns <u>Fruit of the Day</u> Pears	<sup>19</sup> <u>Soup &amp; Sandwich Day</u> <u>Toasted Grilled Cheese</u> <u>VEG Of The Day</u> Celery Sticks <u>Fruit of the Day</u> Mixed Fruit	<sup>20</sup> Chicken Nuggets Breakfast Bowl <u>VEG Of The Day</u> Celery Sticks <u>Fruit of the Day</u> Peaches	<sup>21</sup> General Tso Beef & Vegetables <u>VEG Of The Day</u> Rice <u>Fruit of the Day</u> Peaches	<sup>22</sup> Pizza Sticks <u>VEG Of The Day</u> Side Salad <u>Fruit of the Day</u> Strawberries
<sup>25</sup> Pancakes Served w/ Sausage <u>VEG Of The Day</u> Collard Greens <u>Fruit of the Day</u> Pears	<sup>26</sup> Chicken Tikka Masala <u>VEG Of The Day</u> Red Pepper Strips <u>Fruit of the Day</u> Mixed Fruit	<sup>27</sup> Cheese Ravioli w/ Marinara Sauce <u>VEG Of The Day</u> Green Beans <u>Fruit of the Day</u> Peaches	<sup>28</sup> Salisbury Steak w/Egg Noodles & Gravy <u>VEG Of The Day</u> Broccoli <u>Fruit of the Day</u> Peaches	<sup>29</sup> Balsamic Glazed Parmesan Popcorn Chicken w/ Creamy Italian Rice <u>VEG Of The Day</u> Cucumber & Tomato Salad <u>Fruit of the Day</u> Grapes



### 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.