



Spencer Public School Nutrition and Lunch Menus 2023



<p>2</p> <p>Breakfast Bites <u>Juice/Fresh Fruit</u> Tacos Shred Cheese, Sour Cream, Salsa Chip ,Corn/ Pears Fresh Fruit Alt Chicken Fajita</p>	<p>3</p> <p>Breakfast Pizza <u>Juice/Fresh Fruit</u> Hot Dogs/ Ketchup, Mustard, Relish Sun Chip Baked Beans Veggies/ Strawberries Fresh Fruit</p>	<p>4</p> <p>Waffle/Syrup <u>Juice/Fresh Fruit</u> Breakfast for Lunch French Toast/Syrup Sausage, Hash Brown, Cinnamon, Applesauce</p>	<p>5</p> <p>ELEM. Jumpstart <u>MS/H.S. Early Riser</u> Quesadilla , Sour Cream, Salsa Spanish Rice Veggies/ Applesauce Fresh Fruit Cookie Alt BBQ Rib Patty</p>	<p>6</p> <p>Long John/w Cheese Stix <u>Juice/Fresh Fruit</u> Chicken Tender w/BBQ, SnS, Ketchup, Sun Chip Veggies/ Peaches Fresh Fruit</p>
<p>9</p> <p>Q-bread Juice Fresh Fruit Chicken Patty w/Mayo, Ketchup Sun Chip Veggies/ Peaches Fresh Fruit, Cookie Alt Meatball Sub</p>	<p>10</p> <p>Pancake on a Stick <u>Juice/Fresh Fruit</u> Pizza Veggie/ Pears Fresh Fruit Fruit</p>	<p>11</p> <p>Breakfast Pizza <u>Juice/Fresh Fruit</u> Mini Corn Dogs Buttered Noodles Carrots/ Mandarin Oranges Fresh Fruit Alt Cuban</p>	<p>12</p> <p>ELEM. Jumpstart M/S H/S Early Riser <u>Fresh Fruit</u> Cheeseburger/Ketchup, Mustard, Mayo Curly Fries Baked Beans Veggies/ Pears Fresh Fruit</p>	<p>13</p> <p>Cake Donut/w Cheese Stix <u>Juice/Fresh Fruit</u> Cheese Fries w/Sauce Sun Chip Veggies/ Pears Alt Hot Beef</p>
<p>16</p> <p><u>Cereal</u> <u>Strawberry Sweet Cream,</u> <u>Juice, Fresh Fruit</u> Nachos Salsa, Sour Cream Chip Veggies/ Peaches</p>	<p>17</p> <p>Breakfast Scramber Biscuit <u>Juice/Fresh Fruit</u> Spaghetti Bread Stick Steamed Green Beans/ Raspberr Applesauce Fresh Fruit Alt Alfredo Sauce</p>	<p>18</p> <p>French Toast/Syrup <u>Choice of Juice</u> Chicken Nugget w/BBQ, SNS, Ketchup Mashed Potatoes Veggies/Strawberries Fresh Fruit</p>	<p>19</p> <p>Breakfast Pizza <u>Juice/Fresh Fruit-</u> Chicken Soup /Potato Soup Hot Ham n Cheese Veggie, Pears Fresh Fruit Cookie Alt PBJ</p>	<p>20</p> <p>Cinnamon Roll w/ Yogurt <u>Juice/Fresh Fruit</u> Grilled Cheese Tomato Soup Cracker Peaches Fresh Fruit Rice Krispy Treat Alt Chicken Panini</p>
<p>23</p> <p>Cereal/ Mini Donuts <u>Juice/Fresh Fruit</u> Pizza Veggie/ Pears Fresh Fruit</p>	<p>24</p> <p>Pancakes <u>Juice/Fresh Fruit</u> Turkey n Gravy Mashed Potatoes Beets/Applesauce Cookie Alt Salisbury Steak</p>	<p>25</p> <p>Breakfast Pizza <u>Juice/Fresh Fruit</u> Sub, Mayo, Mustard, Sun Chip Veggie Pineapple Fresh Fruit</p>	<p>26</p> <p>Cereal / Muffin <u>Juice, Fresh Fruit</u> Tacos Shred Cheese, Sour Cream, Salsa Chip ,Corn/ Pears Fresh Fruit Alt Chicken Fajita</p>	<p>27</p> <p>No School</p>
<p>30</p> <p>Waffle/Syrup <u>Juice / Fresh Fruit</u> Popcorn Chicken w/BBQ, SnS, Ketchup Sun Chip Broccoli/ Peaches Fresh Fruit</p>	<p>31</p> <p>Elem Jumpstart Ms/High Breakfast <u>Sandwich</u> Hot Dogs/ Ketchup, Mustard, Relish Sun Chip Baked Beans Veggies/ Pears Fresh Fruit</p>			

Menu is subject to change without notice, Fresh fruit and veggie bar is served daily, Milk is served daily 1%, Skim, Skim Chocolate. Reminder that you are able to fill out the free and reduced application yearly. This is an equal opportunity provider. Spencer is an EOE. Breakfast is Free to all Students.