



# Spencer Public School Nutrition and Lunch Menus



2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Long john Cheese Stix <u>Juice/Fresh Fruit</u> Bag Lunch
4 Cereal/ Donut Hole <u>Juice/Fresh Fruit</u> Breakfast for Lunch: French Toast/Syrup Sausage, Hash Brown, Cinnamon Applesauce	5 Waffle/Syrup <u>Juice/Fresh Fruit</u> Chicken Nugget w/BBQ, SNS, Ketchup Mashed Potatoes Veggies, Strawberries, Cookie Fresh Fruit	6 Breakfast Pizza <u>Juice/Fresh Fruit</u> Tacos Shred Cheese, Sour Cream, Salsa Chip, Corn, Pears Fresh Fruit Alt Chicken Fajita	7 Breakfast Scrambler Biscuit <u>Juice/Fresh Fruit</u> Mini Corn Dogs Buttered Noodles Beets/ Mandarin Oranges Fresh Fruit Alt Rib Patty	8 W/Cinnamon Roll Yogurt <u>Juice/Fresh Fruit</u> Cheese Bread w/Sauce Sun Chip Veggies/ Peaches Fresh Fruit Brownie Alt Hot Beef
11 Pancake on a Stick <u>Juice/Fresh Fruit</u> Pizza Veggie/ Pears Fresh Fruit	12 Elem Jumpstart Juice/ Fresh Fruit <u>MS/HS Chicken Waffle</u> Hot Dogs/ Ketchup, Mustard, Relish Sun Chip Baked Beans Veggies/ Peaches Fresh Fruit Alt Deli Wrap	13 Breakfast Pizza <u>Juice/Fresh Fruit</u> Spaghetti Bread Stick Steamed Green Beans/Raspberry Applesauce, Fresh Fruit Alt Alfredo Sauce	14 Cereal / Muffin <u>Juice, Fresh Fruit</u> Chicken Patty w/Mayo, Ketchup, Butter Noodles Veggies/ Strawberries Cookie	15 Cake Donut Cheese Stix <u>Juice/Fresh Fruit</u> Grilled Cheese Tomato Soup/Chicken Soup, Cracker Peaches Fresh Fruit Cookie Alt Chicken Panini
18 Q-Bread Choice of Juice <u>Fresh Fruit</u> Cheeseburger/Ketchup, Mustard, Mayo Curly Fries Baked Beans Veggies/ Pears Fresh Fruit	19 Pancake on a Stick <u>Juice/Fresh Fruit</u> Chicken Tender w/BBQ, SnS, Ketchup, Sun Chip Beets/Strawberries Fresh Fruit Alt Cuban	20 Breakfast Pizza <u>Juice/Fresh Fruit</u> Turkey n Gravy Mashed Potatoes Bun Squash/Applesauce Cookie Alt Salisbury Steak	21 Elem Jumpstart Ms/High Breakfast <u>Sandwich</u> Pizza Veggie/ Pears Side Kick Fresh Fruit	22 Long John Cheese Stix <u>Juice/Fresh Fruit</u> Sub, Mayo, Mustard, Sun Chip Roasted Veggies Pineapple Fresh Fruit, Rice Krispy Treat
25 No School	26 No School	27 No School	28 No School	29 No School

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 in the Spencer District