

# SPRING LAKE HEIGHTS SCHOOL

APRIL 2019



Student Lunch \$3.25 Adult Lunch \$3.75

\*\*\* 4 COMPLETE LUNCH CHOICES DAILY \*\*\*

Hot Entrees, Deli Du Jour, Bagel Lunch or PBJ

All Lunches come with Fruit, Veggies & Milk Daily. Fresh Soup on Tuesdays & Thursday

## Gourmet Sandwiches & Salads of the Week

Fresh Fruit and Yogurt Parfaits \$2.50

Burgers, Sandwiches, Pizza, Pasta, and Wraps Available GF Upon Request

### Deli Du Jour Selection

**Monday**

Turkey & Cheese

**Tuesday**

Chicken Salad

**Wednesday**

Turkey & Cheese

**Thursday**

Chicken Salad

**Friday**

Turkey & Cheese

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>1</b> Italian Grilled Cheese Marinara Dip Caesar Salad Fresh Fruit	<b>2</b> Nae Chicken Tender Tacos Rice & Beans Fresh Fruit Chicken Noodle Soup	<b>3</b> Cheeseburger French Fries Fresh Fruit	<b>4</b> Pasta w/ Meat Sauce Bread, Fresh Veggies Fresh Fruit Loaded Baked Potato	<b>5</b> Assorted Pizza Tossed Salad Fresh Fruit
<b>8</b> French Toast Sausage, Hash Brown Fresh Fruit	<b>9</b> Nae Chicken Sandwich French Fries Fresh Fruit Chicken Tortilla Soup	<b>10</b> Walking Nacho Bar All The Fixings Fresh Fruit	<b>11</b> Mozzarella Sticks w/ Pasta, Bread Fresh Vegetable Fresh Fruit Beef Vegetable Barley	<b>12</b> Boardwalk Pizza Fresh Vegetable Fresh Fruit
<b>15</b> Home Style Chicken Fingers Mashed Potatoes Fresh Fruit	<b>16</b> Soft Chicken Tacos Lettuce, Salsa, Sour Cr. Fresh Fruit Chicken Noodle Soup	<b>17</b> Chicken Parm w/ Pasta Bread Caesar Salad Fresh Fruit	<b>18</b> Pot Luck Assorted Hot Entrees Fresh Fruit Chef's Special Soup	<b>19</b> SPRING RECESS BEGINS
<b>22</b> <b>ENJOY</b>	<b>23</b> <b>YOUR</b>		<b>25</b> <b>SPRING</b>	<b>26</b> <b>BREAK</b>
<b>29</b> NAE Chicken Nuggets French Fries, Roll Fresh Fruit	<b>30</b> French Toast Sticks Sausage, Hash Brown Fresh Fruit Parfait Chicken Noodle Soup		<b>Simplified Culinary Services Sources: NAE Chicken and Turkey Products</b>	<b>N.A.E. Means: No Antibiotics Ever. A Cleaner and Healthier Source of Protein</b>