



SPRING LAKE HEIGHTS SCHOOL

December 2018

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 | Tuesday | Wednesday | Thursday | Friday |
|-----------------|---------------|-----------------|---------------|-----------------|
| Turkey & Cheese | Chicken Salad | Turkey & Cheese | Chicken Salad | Turkey & Cheese |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| 3 Cheese Quesadilla Rice & Beans Fresh Fruit | 4 NAE Chicken Sandwich French Fries Fresh Fruit Chicken Tortilla Soup | 5 Walking Nachos Bar All The Fixings Fresh Fruit | 6 Pasta with Meat Sauce Fresh Vegetables Fresh Fruit Broccoli Cheddar Soup | 7 Boardwalk Pizza Fresh Vegetable Fresh Fruit |
| 10 Homestyle Chicken Fingers Shredded Caesar Salad Fresh Fruit | 11 Cheeseburger French Fries Fresh Fruit Chicken Noodle Soup | 12 Soft Beef Tacos Rice & Beans Fresh Fruit | 13 Meatball Parmesan Caesar Salad Fresh Fruit Tomato Beef Barley | 14 French Bread Pizza Fresh Vegetables Fresh Fruit |
| 17 French Toast Sticks Sausage Hash brown Fresh Fruit | 18 NAE Chicken Nuggets Fresh Veggies, Roll Fresh Fruit Chicken Vegetable Rice Soup | 19 Pasta with Meat Sauce Fresh Vegetables Fresh Fruit | 20 Pot Luck Assorted Hot Entrees Chef's Special Soup | 21 12:40 Dismissal No Lunch Holiday Recess Begins |
| 24 | 25 Enjoy | 26 Your | 27 Holiday | 28 |
|  | | | Simplified Culinary Services Source: NAE Chicken and Turkey Products | N.A.E. Means: No Antibiotics Ever. A Cleaner and Healthier Source of Protein |