

SPRING LAKE HEIGHTS SCHOOL

February 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Simplified Culinary Services Sources NAE Chicken and Turkey Products;</p>	<p>N.A.E. Means: No Antibiotics Ever. A Cleaner and Healthier Source of Protein</p>			<p>1 Personal Pan Pizza Roasted Vegetables Fresh Fruit</p>
<p>4 Chicken Sandwich Sweet Potato Wedges Fresh Fruit</p>	<p>5 Cheeseburger Fresh Vegetable Fresh Fruit Chicken Noodle Soup</p>	<p>6 Chicken Nuggets Mashed Potatoes Fresh Fruit</p>	<p>7 Pasta & Meatballs Wgr. Roll Fresh Vegetable Fresh Fruit Broccoli Cheddar Soup</p>	<p>8 Pizza Slice Fresh Vegetable Fresh Fruit</p>
	<p>12 ENJOY</p>	<p>13 WINTER</p>	<p>14 BREAK</p>	<p>15 </p>
<p>18 Pancakes Sausage Hash brown Fresh Fruit</p>	<p>19 NAE Buffalo Chicken Nuggets, Rice, Broccoli Fresh Fruit Chicken Tortilla Soup</p>	<p>20 Pasta with Mozzarella Bread, Fresh Vegetables Fresh Fruit</p>	<p>21 Walking Nachos w/ Beef & Cheese, Lettuce, Salsa Sour Cream, Fresh Fruit Loaded Baked Potato</p>	<p>22 Boardwalk Pizza Fresh Vegetable Fresh Fruit</p>
<p>25 NAE Chicken Nuggets French Fries, Roll Fresh Fruit</p>	<p>26 Pasta with Meatballs Bread, Tossed Salad Fresh Fruit Chicken Noodle Soup</p>	<p>27 NAE Chicken Teriyaki Rice, Broccoli Fresh Fruit</p>	<p>28 Soft Beef Tacos Rice & Beans, Lettuce, Salsa, Sour Cream, Fresh Fruit, Corn Chowder</p>	<p>N.A.E. Means: No Antibiotics Ever. A Cleaner and Healthier Source of Protein</p>