



SPRING LAKE HEIGHTS SCHOOL

January 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	Tuesday	Wednesday	Thursday	Friday
Turkey & Cheese	Chicken Salad	Turkey & Cheese	Chicken Salad	Turkey & Cheese

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Simplified Culinary Services Sources NAE Chicken and Turkey Products;	1 Happy New Year	2 Pasta with Meat Sauce Garlic Bread Fresh Vegetables Fresh Fruit	3 Nachos w/ Beef & Cheese, Rice & Beans Fresh Fruit Chicken Noodle Soup	4 French Bread Pizza Roasted Vegetables Fresh Fruit
7 Homestyle Chicken Fingers French Fries Fresh Fruit	8 Italian Grilled Cheese Broccoli Fresh Fruit Chicken Barley Soup	9 NAE Chicken Waffle Sandwich Sweet Potato Wedges Fresh Fruit	10 Mozzarella Sticks w/ Pasta, Fresh Veggies Fresh Fruit Potato Cheddar Soup	11 Boardwalk Pizza Fresh Vegetable Fresh Fruit
14 NAE Chicken Fingers French Fries, Roll Fresh Fruit	15 Sausage & Egg Waffle Sandwich, Hashbrown Fresh Fruit Chicken Noodle Soup	16 Soft Beef Tacos Rice & Beans Lettuce, Salsa, Sour Cream, Fresh Fruit	17 NAE Chicken Nuggets Fresh Veggies, Roll Fresh Fruit Chicken Florentine Soup	18 Personal Pan Pizza Fresh Vegetable Fresh Fruit
21 MLK Day School Closed Staff In-Service	22 Homestyle Chicken Fingers, Mashed Potatoes Fresh Fruit Chicken Tortilla Soup	23 Pasta with Meat Sauce Bread, Fresh Vegetables Fresh Fruit	24 Pot Luck Assorted Hot Entrees Chef's Special Soup	25 Boardwalk Pizza Fresh Vegetable Fresh Fruit
28 French Toast Sticks Sausage Hash brown Fresh Fruit	29 NAE Chicken Fingers French Fries Fresh Fruit Chicken Noodle Soup	30 Nachos w/ Beef & Cheese, Lettuce, Salsa & Sour Cream Fresh Fruit	31 Mozzarella Sticks w/ Pasta, Fresh Veggies Fresh Fruit Loaded Baked Potato	N.A.E. Means: No Antibiotics Ever. A Cleaner and Healthier Source of Protein