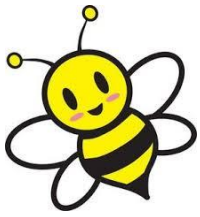


SPRING LAKE HEIGHTS SCHOOL

MAY 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; | N.A.E. Means: No Antibiotics Ever. A Cleaner and Healthier Source of Protein | 1 Soft Beef Tacos Rice & Beans Fresh Fruit | 2 Pasta w/ Marinara Bread, Fresh Veggies Fresh Fruit Beef Vegetable Rice | 3 Boardwalk Pizza Fresh Vegetable Fresh Fruit |
| 6 Home Style Chicken Fingers Mashed Potatoes Fresh Fruit | 7 Italian Grilled Cheese Caesar Salad Fresh Fruit Chicken Noodle Soup | 8 Walking Nacho Bar All The Fixings Fresh Fruit | 9 Pasta Bar, Bread Caesar Salad Fresh Fruit Broccoli Cheddar | 10 Personal Pan Pizza Fresh Vegetable Fresh Fruit |
| 13 NAE Chicken Sandwich French Fries Fresh Fruit | 14 Pasta Marinara Fresh Vegetables. Fresh Fruit Chicken Tortilla Soup | 15 Buffalo Chicken Flatbread Caesar Salad Fresh Fruit | 16 Cheeseburger Tater Tots Fresh Fruit Loaded Baked Potato Soup | 17 Wood Fired Crust Pizza Tossed Salad Fresh Fruit |
| 20 Home Style Chicken Fingers Ranch Mashed Potatoes Fresh Fruit | 21 Cheese Quesadilla Rice & Beans Fresh Fruit Chicken Noodle Soup | 22 Walking Nacho Bar All The Fixings Fresh Fruit | 23 Nae Chicken Parmesan Sandwich Caesar Salad Fresh Fruit Chef's Special Soup | 24 Assorted Pizza Tossed Salad Fresh Fruit |
| 27 MEMORIAL DAY | 28 NAE Chicken Nuggets French Fries Fresh Fruit Spicy Chicken Rice | 29 Cheeseburger Tater Tots Fresh Fruit | 30 Pasta Bar, Bread Caesar Salad Fresh Fruit Cauliflower Au Gratin | 31 Boardwalk Pizza Fresh Vegetable Fresh Fruit |