

SPRING LAKE HEIGHTS SCHOOL

November 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
Simplified Culinary Services Sources NAE Chicken and Turkey Products;	N.A.E. Means: No Antibiotics Ever. A Cleaner and Healthier Source of Protein		1 Cheesesteak Mashed Potatoes Fresh Fruit Potato Ham Soup	2 Wood Fired Crust Pizza Fresh Vegetable Fresh Fruit
5 Parent Teacher Conferences No Lunch	6 Parent Teacher Conferences No Lunch	7 Parent Teacher Conferences No Lunch	8 NJEA Teacher Conference No School	9 NJEA Teacher Conference No School
12 Waffle Sticks Sausage Hashbrown Fresh Fruit	13 Meatball Parmesan Caesar Salad Fresh Fruit Chicken Noodle Soup	14 Homestyle Chicken Fingers Caesar Salad Fresh Fruit	15 Pasta with Meat Sauce Fresh Vegetables Fresh Fruit Cauliflower Au Gratin	16 Boardwalk Pizza Fresh Vegetables Fresh Fruit
19 Cheeseburger French Fries Fresh Fruit	20 Mozzarella Sticks & Pasta Caesar Salad Fresh Fruit Italian Chicken Noodle	21 12:40 Dismissal No Lunch	22 Thanksgiving Day School Closed	23 School Closed
26 NAE Chicken Waffle Sandwich Mashed Potatoes Fresh Fruit	27 Nachos w/ Beef & Cheese, All the Toppings Fresh Fruit Chicken Rice Soup	28 NAE Chicken Parmesan Sandwich Caesar Salad Fresh Fruit	29 Pasta w/ Meat Sauce Fresh Veggies Fresh Fruit Broccoli Cheddar Soup	30 Assorted Pizza Fresh Veggies Fresh Fruit