

# SPRING LAKE HEIGHTS SCHOOL

October 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
<b>1</b> Homestyle Chicken Tenders Ranch Mashed Potatoes Fresh Fruit	<b>2</b> French Toast Sticks Sausage, Hashbrown Fresh Fruit Chicken Barley Soup	<b>3</b> Mozzarella Sticks W/ Pasta, Caesar Salad Fresh Fruit	<b>4</b> NAE Chicken Sandwich Fresh Veggies Fresh Fruit Cauliflower Au Gratin	<b>5</b> Wood Fired Crust Pizza Fresh Vegetable Fresh Fruit
<b>8</b> <b>12:40</b> <b>Dismissal</b>	<b>9</b> NAE Chicken Tenders French Fries Fresh Fruit Chicken Tortilla Soup	<b>10</b> Nacho Bar All The Fixings Fresh Fruit	<b>11</b> NAE Chicken Nuggets Shredded Caesar Fresh Fruit Corn Chowder	<b>12</b> Boardwalk Pizza Fresh Veggies Fresh Fruit
<b>15</b> NAE Chicken Tenders Ranch Mashed Fresh Fruit	<b>16</b> Italian Grilled Cheese Marinara Sauce Tossed Salad Fresh Fruit Chicken Noodle Soup	<b>17</b> Walking Nacho Bar All The Fixings Fresh Fruit	<b>18</b> Pasta with Meat Sauce Fresh Vegetables Fresh Fruit Broccoli Cheddar Soup	<b>19</b> French Bread Pizza Fresh Vegetables Fresh Fruit
<b>22</b> Homestyle Chicken Tenders Sweet Potato Wedges Fresh Fruit	<b>23</b> Cheesesteak French Fries Fresh Fruit Italian Chicken Noodle	<b>24</b> NAE Chicken Tender Taco Rice & Beans Fresh Fruit	<b>25</b> Mozzarella Sticks Over Pasta, Caesar Salad Fresh Fruit Beef Vegetable Barley	<b>26</b> Boardwalk Pizza Fresh Vegetable Fresh Fruit
<b>29</b> NAE Chicken Nuggets French Fries Fresh Fruit	<b>30</b> French Toast Sticks Sausage, Hashbrown Fresh Fruit Chicken Noodle	<b>31</b> Walking Nacho Bar All The Fixings Fresh Fruit	<b>Simplified Culinary Services Sources: NAE Chicken and Turkey Products</b>	<b>N.A.E. Means: No Antibiotics Ever. A Cleaner and Healthier Source of Protein</b>