



# SPRING LAKE HEIGHTS SCHOOL

September 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
3 <b>SCHOOL CLOSED LABOR DAY</b>	4 <b>Faculty Meeting And Staff In-Service</b>	5 <b>12:40 Dismissal No Lunch</b>	6 <b>12:40 Dismissal No Lunch</b>	7 Boardwalk Pizza Shredded Caesar Salad Jersey Peaches
10 NAE Chicken Fingers Tater Tots Fresh Fruit	11 Cheesesteak French Fries Fresh Fruit Chicken Tortilla Soup	12 Walking Nacho Bar All The Fixings Fresh Fruit	13 NAE Chicken Sandwich Mashed Potatoes Fresh Fruit Beef Vegetable Barley	14 French Bread Pizza Roasted Veggies Fresh Fruit
17 NAE Chicken Nuggets French Fries Fresh Fruit	18 Italian Grilled Cheese Marinara Sauce Steamed Broccoli Fresh Fruit Chicken Noodle Soup	19 Pasta with Meat Sauce Shredded Caesar Salad Fresh Fruit	20 NAE Chicken Tender Soft Taco Rice & Beans Fresh Fruit Broccoli Cheddar Soup	21 Boardwalk Pizza Fresh Veggies Fresh Fruit
24 French Toast Sticks Sausage Hash Brown Fresh Berries	25 NAE Chicken Nuggets Fresh Veggies Fresh Fruit Italian Chicken Noodle Soup	26 Walking Nacho Bar All The Fixings Fresh Fruit	27 NAE Chicken Fingers Over Caesar Salad Fresh Fruit Loaded Baked Potato Soup	28 Personal Pan Pizza Tossed Salad Fresh Fruit
<b>Simplified Culinary Services Source: NAE Chicken and Turkey Products</b>	<b>N.A.E. Means: No Antibiotics Ever. A Cleaner and Healthier Source of Protein</b>			