



SPRING LAKE HEIGHTS SCHOOL

September 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 \$3.00

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
2 SCHOOL CLOSED LABOR DAY	3 Faculty Meeting And Staff In-Service	4 12:40 Dismissal No Lunch	5 12:40 Dismissal No Lunch	6 Hand Tossed Pizza Shredded Caesar Salad Fresh Fruit
9 NAE Chicken Sandwich Tater Tots Fresh Fruit	10 Soft Beef Tacos Lettuce, Salsa & Sour Cream Fresh Fruit Chicken Noodle Soup	11 Italian Grilled Cheese Marinara Dip Sauce Roasted Veggies Fresh Fruit	12 Pasta w/ Meatballs Tossed Salad Fresh Fruit Broccoli Cheddar Soup	13 Hand Tossed Pizza Roasted Veggies Fresh Fruit
16 NAE Chicken Nuggets Mashed Potatoes Fresh Fruit	17 Cheeseburger French Fries Fresh Fruit Chicken Noodle Soup	18 Soft Chicken Tacos Rice & Beans Fresh Fruit	19 Mozzarella Sticks w/ Pasta Caesar Salad Fresh Fruit Beef Vegetable Soup	20 Hand Tossed Pizza Fresh Veggies Fresh Fruit
23 Home Style Chicken Fingers Fresh Veggies Fresh Fruit	24 Hot Dog French Fries Fresh Fruit Chicken Tortilla Soup	25 Nacho Bar Meat & Cheese All The Fixings Fresh Fruit	26 Pasta W/ Meat Sauce Caesar Salad Fresh Fruit Cauliflower Au Gratin Soup	27 Hand Tossed Pizza Tossed Salad Fresh Fruit
30 NAE Chicken Tenders Fresh Veggies Fresh Fruit	Simplified Culinary Services; Sources; NAE Chicken and Turkey Products;	N.A.E. Means: No Antibiotics; Ever. A Cleaner and Healthier Source of Protein	Welcome Back! 	SIMPLIFIED CULINARY SERVICES 