



# SPRING LAKE HEIGHTS SCHOOL

October 2017

Student Lunch \$3.00 Adult Lunch \$3.50

\*\*\* 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 \$4.50**

**Fresh Fruit and Yogurt Parfaits \$2.50**

Burgers, Sandwiches, Pizza, Pasta, and Wraps Available GF Upon Request

## Deli Du Jour Selection

Monday Turkey & Cheese	Tuesday Chicken Salad	Wednesday Turkey & Cheese	Thursday Chicken Salad	Friday Turkey & Cheese
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>2</b> Meatball Parm Sub French Fries Assorted Fruit	<b>3</b> Chicken Sandwich Caesar Salad Assorted Fruit Italian Chciekn Noodle Soup	<b>4</b> Pasta with Meat Sauce Fresh Veggies Assorted Fruit	<b>5</b> Cheesesteak Sub Corn Assorted Fruit Tomato Bacon Soup	<b>6</b> Wood Fired Crust Pizza Fresh Veggies Assorted Fruit
<b>9</b> 12:40 Dismissal	<b>10</b> Chicken Nuggets French Fries, Roll Assorted Fruit Spicy Chicken Rice Soup	<b>11</b> Nachos w/ Beef & Cheese Lettuce, Salsa, sour Cream Assorted Fruit	<b>12</b> Mozzarella Sticks w/ Pasta, Bread Fresh Veggies Assorted Fruit Potato Ham Soup	<b>13</b> Boardwalk Pizza Fresh Veggies Assorted Fruit
<b>16</b> Cheese Burger French Fries Assorted Fruit	<b>17</b> Chicken Fingers Mashed Potatoes Assorted Fruit Chicken Noodle Soup	<b>18</b> Soft Beef Tacos Rice & Beans Assorted Fruit	<b>19</b> Pasta w/ Meat Sauce Bread Fresh Veggies Assorted Fruit Tortellini Primavera Soup	<b>20</b> French Bread Pizza Fresh Veggies Assorted Fruit
<b>23</b> French Toast Sticks Sausage, Hashbrown Fresh Berries	<b>24</b> Chicken Nuggets, Roll Mashed Potatoes Assorted Fruit Chicken Tortilla Soup	<b>25</b> Nachos w/ Beef & Cheese Lettuce, Salsa, Sour Cream Assorted Fruit	<b>26</b> Pasta with Meat Sauce Bread, Fresh Veggies Assorted Fruit Broccoli Cheddar Soup	<b>27</b> Assorted Pizza Fresh Veggies Assorted Fruit
<b>30</b> Cheesesteak Sub French Fries Assorted Fruit	<b>31</b> Chicken Sandwich Sweet Potato Wedges Assorted Fruit Chicken Noodle Soup			