



# SPRING LAKE HEIGHTS SCHOOL

SEPTEMBER 2020

Student Lunch \$3.50 Adult Lunch \$4.00

\*\*\* 3 COMPLETE LUNCH CHOICES DAILY \*\*\*



Hot Entrees, Bagel Lunch or PBJ

All Lunches come with Fruit, Veggies & Milk Daily.

## Gourmet Sandwiches & Salads of the Week

Fresh Fruit and Yogurt Parfaits

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

### Deli Du Jour Selection


Monday

Tuesday

Wednesday

Thursday

Friday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	<small>SIMPLIFIED CULINARY SERVICES</small> 	3	4
7 <b>Labor Day School Closed</b>	8 <b>Early Dismissal</b>	9 <b>Early Dismissal</b>	10 NAE Chicken Nuggets Fresh Veggie Fresh Fruit Chocolate or White Milk	11 Personal Pan Pizza Fresh Veggies Fresh Fruit Chocolate or White Milk
14 NAE Chicken Sandwich Fresh Vegetables Fresh Fruit Chocolate or White Milk	15 Nachos with Beef & Cheese, Lettuce, Salsa & Sour Cream Fresh Fruit Choc. Or White Milk	16 Italian Grilled Cheese Caesar Salad Fresh Fruit Chocolate or White Milk	17 NAE Chicken Nuggets Fresh Veggie Fresh Fruit Chocolate or White Milk	18 Hand Tossed Pizza Fresh Veggies Fresh Fruit Chocolate or White Milk
21 NAE Homestyle Chicken Fingers Mashed Potatoes Fresh Fruit Choc or White Milk	22 French Toast Sticks Sausage, Hash Brown Fresh Fruit Chocolate or White Milk	23 Cheeseburger French Fries Fresh Fruit Chocolate or White Milk	24 Pasta w/ Organic Marinara, Fresh Veggie Fresh Fruit Choc or White Milk	25 Personal Pan Pizza Fresh Veggies Fresh Fruit Choc or White Milk
28 NAE Chicken Nuggets Fresh Vegetables Fresh Fruit Chocolate or White Milk	29 Macaroni & Cheese Broccoli Fresh Fruit Chocolate or White Milk	30 <b>Hot Dog French Fries Fresh Fruit Choc or White Milk</b>	<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>