





Middle School Lunch
Week of May 6 - 10



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|----------------|---|---------------------------------|
|  | Cheesy Italian Dunkers with Marinara Sauce | Pulled Pork Nachos with Salsa and Shredded Lettuce | Meatball Sub | Chicken Nuggets with Hawaiian Roll | Cheese Pizza or Pepperoni Pizza |
|  | <p><u>Daily Deli Sandwich:</u> Italian Sandwich Buffalo Chicken on Torpedo</p> <p><u>Daily Salad:</u> Asian Grilled Chicken Salad with Hawaiian Roll Garden Salad with Hawaiian Roll</p> | | | | |
| <u>SIDES</u> | Mashed Sweet Potatoes | Baby Carrots | Steamed Corn | Baby Carrots | Baby Carrots |
| | Cucumber Coins | Cucumber Coins | Cucumber Coins | Mashed Potatoes | Baked Beans |
| <p><u>Available Daily:</u> Sunbutter & Jelly Sandwich, Side Salad, Chilled Pears, Assorted Fresh Fruit</p> | | | | | |
| MILK | CHOICE OF CHOCOLATE or 1% WHITE | | | | |
| PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES | | | | <i>Menu Items are Subject to Change</i> | |


Middle School Lunch
Week of May 13 - 17



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|-------------------------------------|-------------------------------------|---|---|
|  | Hamburger Meatloaf on a Pretzel Roll | Roasted Chicken with Rice and Beans | French Toast with Syrup and Sausage | Macaroni and Cheese with Pretzel Roll | Chicken Patty or Cheeseburger |
|  | <p><u>Daily Deli Sandwich:</u> Tuna on Goldfish Bread with Cracker Asian Chicken on Torpedo</p> <p><u>Daily Salad:</u> Crispy Chicken Salad with Pretzel Roll Garden Salad with Pretzel Roll</p> | | | | |
| <u>SIDES</u> | Grape Tomatoes Steamed Green Beans | Grape Tomatoes Fresh Broccoli | Grape Tomatoes Home Fries | Three Bean and Mozz. Salad Pepper Strips | Three Bean and Mozz. Salad Pepper Strips |
| | <p><u>Available Daily:</u> Sunbutter & Jelly Sandwich, Side Salad, Chilled Peaches, Assorted Fresh Fruit</p> | | | | |
| MILK | CHOICE OF CHOCOLATE or 1% WHITE | | | | |
| PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES | | | | <i>Menu Items are Subject to Change</i> | |



Middle School Lunch
Week of May 20 - 24



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|-----------------------------------|-----------------------------|---|---------------------------------|
|  | Popcorn Chicken with Rice Pilaf | Grilled Cheese and Bacon Sandwich | Fish Sandwich | Penne Pasta with Spaghetti Sauce, Shredded Cheese and Garlic Roll | Cheese Pizza or Pepperoni Pizza |
|  | <p>Daily Deli Sandwich: Ham and Cheese Sandwich Chicken Caesar on Torpedo</p> <p>Daily Salad: Cranberry Apple Salad with Granola Garden Salad with Garlic Roll</p> | | | | |
| <u>SIDES</u> | Baby Carrots | Baby Carrots | Cilantro Lime Cole Slaw | Caesar Salad | Caesar Salad |
| | Celery Sticks | Celery Sticks | Emoji Fries Baby Carrots | White Bean Salad | White Bean Salad |
| | <p>Available Daily: Sunbutter & Jelly Sandwich, Side Salad, Chilled Mixed Fruit, Assorted Fresh Fruit</p> | | | | |
| MILK | CHOICE OF CHOCOLATE or 1% WHITE | | | | |
| PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES | | | | <i>Menu Items are Subject to Change</i> | |

Middle School Lunch
Week of May 27 - 31



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|--|
|  | NO SCHOOL | Turkey Taco with Rice and Beans | Steak & Cheese Sandwich with Peppers and Onions | Chicken Pasta Alfredo with Parmesan Roll | Chicken Patty or Cheeseburger |
|  | <p><u>Daily Deli Sandwich:</u> Turkey and Cheese Sandwich Bruschetta Chicken on Torpedo</p> <p><u>Daily Salad:</u> Grilled Chicken Caesar Salad with Parmesan Roll Garden Salad with Parmesan Roll</p> | | | | |
| <u>SIDES</u> | | Black Bean Salad Zucchini Coins | Black Bean Salad Roasted Potatoes | Grape Tomatoes Spinach Salad with Honey Mustard | Grape Tomatoes Spinach Salad with Honey Mustard |
| | <p><u>Available Daily:</u> Sunbutter & Jelly Sandwich, Side Salad, Chilled Applesauce, Assorted Fresh Fruit</p> | | | | |
| MILK | CHOICE OF CHOCOLATE or 1% WHITE | | | | |
| PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES | | | | <i>Menu Items are Subject to Change</i> | |



**SPRINGFIELD PUBLIC SCHOOLS
SECONDARY BIC
MAY 2019**



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| 5/6 | 5/7 | 5/8 | 5/8 | 5/10 |
| Banana Zucchini Muffin OR Assorted Cereals String Cheese Raisins 100% Juice | Strawberry Pancake OR Assorted Cereals String Cheese Fresh Whole Fruit 100% Juice | Cinnamon Roll OR Assorted Cereals String Cheese Fresh Whole Fruit 100% Juice | Yogurt OR Assorted Cereals Granola Applesauce Cup 100% Juice | Sausage and Cheese English Muffin OR Assorted Cereals Whole Grain Cracker Fresh Cut Fruit 100% Juice |
| 5/13 | 5/14 | 5/15 | 5/16 | 5/17 |
| Apple Carrot Muffin OR Assorted Cereal Bars String Cheese Craisins 100% Juice | Blueberry Waffle OR Assorted Cereal Bars String Cheese Fresh Whole Fruit 100% Juice | Cheddar Cheese Omelet OR Assorted Cereal Bars Whole Grain Cracker Fresh Whole Fruit 100% Juice | 88 Acres Bar OR Assorted Cereal Bars String Cheese Strawberry Cup 100% Juice | Ham and Cheese Hawaiian Roll OR Assorted Cereal Bars Whole Grain Cracker Fresh Cut Fruit 100% Juice |
| 5/20 | 5/21 | 5/22 | 5/23 | 5/24 |
| Hawaiian Muffin OR Assorted Cereals String Cheese Raisins 100% Juice | Confetti Pancakes OR Assorted Cereals String Cheese Fresh Whole Fruit 100% Juice | Cinnamon Ultimate Breakfast Round OR Assorted Cereals String Cheese Fresh Whole Fruit 100% Juice | Yogurt OR Assorted Cereals Granola Applesauce Cup 100% Juice | Egg and Cheese Flatbread OR Assorted Cereals Whole Grain Cracker Fresh Cut Fruit 100% Juice |
| 5/27 | 5/28 | 5/29 | 5/30 | 5/31 |
| NO SCHOOL | Chocolate Chip French Toast OR Assorted Cereal Bars String Cheese Fresh Whole Fruit 100% Juice | Strawberry Guava Flip OR Assorted Cereal Bars Whole Grain Cracker Fresh Whole Fruit 100% Juice | 88 Acres Bar OR Assorted Cereal Bars String Cheese Strawberry Cup 100% Juice | Egg and Cheese Pretzel Roll OR Assorted Cereal Bars Whole Grain Cracker Fresh Cut Fruit 100% Juice |
| 1% AND FAT FREE MILK OFFERED DAILY | | | | |
| PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES | | | Menu items are subject to change | |