

Menu Subject to Change

Please see your building Head Cook for exact availability in your student's building.

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FEBRUARY 2023 Gluten-Free Options

Spring Grove Area School District

Students (K-4) Breakfast \$4.25 Student Lunch \$2.30
Students (5-12) Breakfast \$4.35 Student Lunch \$2.55
Reduced Breakfast \$0.30
Reduced Lunch \$0.40
Adult Breakfast \$1.85 Adult Lunch \$4.05

Monday

Tuesday

Wednesday

Thursday

Friday

***Universal Free* Breakfast Menu:**
Variety of cold options available along with milk & fruit choices! #fuelupockets

6
***Mozzarella Cheese Sticks w/ Marinara**
Winter Blend Veggies
Assorted Fruit
***Yogurt Munchable served w/ GF grahams**

7
***Beef Nachos**
Seasoned local PA beef, corn Tortilla chips + toppings
Baked Beans
Fresh Fruit
***Chef Salad w/ GF Roll**

8
***GF Chicken Nuggets**
Baked Fries
Assorted Fruit
***Yogurt Munchable served w/ GF grahams**

National Tater Tot Day **2**
***BBQ Grilled Chicken Sandwich**
Tater Tots
Fresh Fruit
***Ham & Cheese on GF**

3
***GF Pizza**
Steamed Carrots
Assorted Fruit
***Ham & Cheese on GF**

13
***Cheesy Calzones**
Italian Mixed Veggies
Assorted Fruit
***Yogurt Munchable served w/ GF grahams**

14
***Hamburger on GF Bun**
Peas-*be-mine blushing* Peas
***Chef Salad w/ GF Roll**

15
***Hot Ham & Cheese on GF Bun**
Carrot & Celery Sticks
Assorted Fruit
***Hot Dog on GF Roll**

National Pizza Day **9**
***Pizza Burger on GF Bun**
Pizza Green Beans
Fresh Fruit
***Chef Salad w/ GF Roll**

10
***GF Pizza**
Broccoli
Assorted Fruit
***Cook's Choice**

16
***Bacon or Sausage- Egg & Cheese on GF Roll**
Assorted Veggies
Assorted Fruit
***Chef Salad w/ GF Roll**

17
No School

20
No School

21
No School
Teacher In-Service

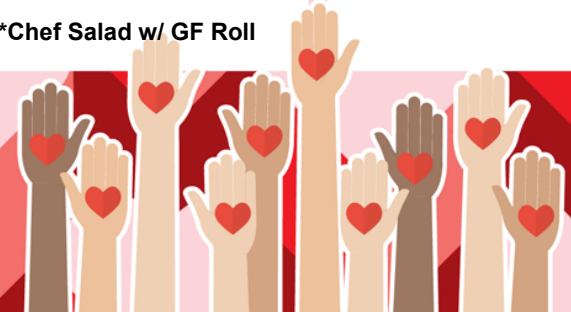
22
***GF Chicken Nuggets w/ GF Noodles**
Steamed Carrots
Assorted Fruit
***GF Noodles w/ Sauce & GF Roll**

National Chili Day **23**
***Chili & GF Roll**
Broccoli
Fresh Fruit
***Chef Salad w/ GF Roll**

24
***GF Pizza**
Corn
Assorted Fruit

27
***Grilled Cheese on GF Bread**
Peas
Assorted Fruit
***Yogurt Munchable served w/ GF grahams**

28
***Hot Dog on GF Roll**
Rice
Broccoli
Fresh Fruit
***Bologna & Cheese on GF Bread**



***Choice of milk:**
low-fat white, chocolate and nonfat strawberry & vanilla when available

Free & Reduced Meal Applications are available on the [district website](http://www.compass.state.pa.us) or at www.compass.state.pa.us

