

Menu Subject to Change

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FEBRUARY 2023

Middle School Menu

Spring Grove Area School District

Students (K-4) Breakfast \$1.25 Student Lunch \$2.30
Students (5-12) Breakfast \$1.35 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:** open until 9:30am

Monday: Whole-Grain Muffin Variety of cold options available daily
Tuesday: Whole-Grain Pastry
Wednesday: French Toast Sticks Choice of fruit, 100% juice & milk
Thursday: Whole-Grain Pastry #FuelUpRockets
Friday: Bacon or Sausage -Egg & Cheese Sandwich

6
***Mozzarella Cheese Sticks w/ Marinara**
Winter Blend Veggies
Assorted Fruit
***Yogurt Munchable**
***PBJ Uncrustable**

7
***Beef Nachos or Tacos**
Seasoned local PA beef, Tortilla chips or shell + toppings
Baked Beans
Fresh Fruit
***Chef Salad w/ Roll**
***PBJ Uncrustable**

8
***Chicken Philly**
Baked Fries
Assorted Fruit
***Protein Power Pack**
***PBJ Uncrustable**

National Pizza Day **9**
***Pizza Burger**
Pizza Green Beans
Fresh Fruit
***Chef Salad w/ Roll**
***PBJ Uncrustable**

10
***Assorted Pizza**
Broccoli
Assorted Fruit
***Cook's Choice**
***PBJ Uncrustable**

13
***Cheesy Calzones**
Italian Mixed Veggies
Assorted Fruit
***Yogurt Munchable**
***PBJ Uncrustable**

14
***Hot Ham & Cheese Pretzel Sammich**
Chicken Corn Soup
Peas-*be-mine*
blushing Pears
***Chef Salad w/ Roll**
***PBJ Un-crush-able**

Brunch for Lunch **15**
***Assorted Breakfast Sandwiches**
Hash Brown
Carrot & Celery Sticks
Assorted Fruit
***PBJ Uncrustable**

16
***Cook's Choice**
Assorted Veggies
Assorted Fruit
***PBJ Uncrustable**

17
No School

20
No School

21
No School
Teacher In-Service

22
***Chicken Nuggets**
3-Cheese Cavatappi
Steamed Carrots
Assorted Fruit
***Corn Dog**
***PBJ Uncrustable**

National Chili Day **23**
A mid-west school lunch favorite
***Chili & Cinnamon Roll**
Broccoli
Fresh Fruit
***Chef Salad w/ Roll**
***PBJ Uncrustable**

24
***Assorted Pizza**
Corn
Assorted Fruit
***Cook's Choice**
***PBJ Uncrustable**

27
***Grilled Cheese Sandwich**
Tomato Soup
Peas
Assorted Fruit
***Hot Dog on Bun**
***PBJ Uncrustable**

28
***Asian Chicken Bar**
assortment of Asian inspired chicken dishes with veggie fried rice
Broccoli
Fresh Fruit
***Grilled Chicken Caesar Salad**
***PBJ Uncrustable**

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

Free & Reduced Meal Applications are available on the district website or at www.compass.state.pa.us

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
MySchoolBucks.com

