

Menu Subject to Change

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

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JANUARY 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

No School

2

Tuesday

No School

3

Wednesday

*Hot Dog on GF Bun
Confetti Fries
Assorted Fruit

4

*Hamburger on GF Bun

Thursday

*Grilled Chicken Strips
& GF Pasta
Mixed Veggies
Fresh Fruit

5

*Hamburger on GF Bun

Friday

*Gluten-Free Pizza
Broccoli
Assorted Fruit

6

*Hamburger on GF Bun

*GF Noodles w/ Sauce
& GF Roll
Green Beans
Assorted Fruit

9

*Yogurt Munchable with GF
Grahams or Pretzels

*Beef Tacos (corn tortilla
chips)
Refried Beans
Fresh Fruit

10

*Yogurt Munchable with GF
Grahams or Pretzels

National Milk Day

*GF Chicken Tenders w/ GF
Roll
Cheesy Au Gratin Potatoes
Assorted Fruit

11

*Chef Salad w/ GF Roll

*GF Pizza
Rocket Salad
Fresh Fruit

12

*Yogurt Munchable with GF
Grahams or Pretzels

Early Dismissal

TO-GO LUNCH K-6

*Yogurt Munchable with GF
Grahams or Pretzels
Assorted Veggies
Assorted Fruit

13

No School

16

*Grilled Chicken Sandwich
with Cheese
Corn
Fresh Fruit

17

*Ham & Cheese on GF Bread

*Meatballs in tomato sauce
w/ plain rice
Broccoli
Assorted Fruit

18

*Chef Salad w/ GF Roll

National Popcorn Day

*GF Chicken Nuggets
& GF Pasta
Steamed Carrots
Fresh Fruit

19

*Ham & Cheese on GF Bread

*Gluten-Free Pizza
Mixed Veggies
Assorted Fruit

20

*Ham & Cheese on GF Bread

National Pie Day

*GF Mac & Cheese
Carrots
Assorted Fruit

23

*Turkey & Cheese on GF
Bread

*GF Waffles w/ Sausage
Tater Tots
Fresh Fruit

24

*Turkey & Cheese on GF
Bread

*Bacon Cheeseburger
on GF Bun
Baked Beans
Assorted Fruit

25

*Chef Salad w/ GF Roll

*Roast Pork w/ GF Roll
Sauerkraut
Mashed Potatoes
Applesauce / Fresh Fruit

26

*Turkey & Cheese on GF
Bread

*Gluten-Free Pizza
Mixed Veggies
Assorted Fruit

27

*Turkey & Cheese on GF
Bread

*Grilled Cheese made
w/ GF Bread
Tomato Soup
Broccoli
Assorted Fruit

30

*Yogurt Munchable with GF
Grahams or Pretzels

*GF Chicken Nuggets
w/ GF Roll
Sweet Potatoes
PA Harvest of the Month
Fresh Fruit

31

*Ham & Cheese on GF Bread

Universal Free Breakfast Menu:

Variety of cold options available along with
milk & fruit choices! #fuelupockets

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

*Choice of milk:
low-fat white, chocolate
and nonfat strawberry

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
MySchoolBucks.com