


# SPRINGBROOK MIDDLE SCHOOL SEPTEMBER LUNCH MENU 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28  NO SCHOOL	29  Bosco Sticks Marinara Cup Or Cheeseburger	30  Burrito Or Popcorn Chicken W.G. Crackers	31  Round Pizza Or BBQ Rib Sandwich	1  NO SCHOOL
4  NO SCHOOL	5  Chicken Sandwich Or Crispito's	6  Walking Taco Refried Beans Or Chicken Tenders	7  Macaroni & Cheese Peas Or Sloppy Joe	8  Stromboli Or Pizza
11  Chicken Nuggets W.G Crackers Or Garlic Knots	12  Soft Taco Or Corn Dog	13  Domino's Pizza Or Cook Choice	14  Mashed Potato Bowl Or Pinwheel Philly Cheese Steak Sandwich	15  Hot Ham & Cheese Pocket Or Totally Taco Pizza Snack Bites
18  Cheeseburg Sliders Or Chicken Quesadilla	19  French Toast Sticks Hash Brown Sausage Or Pizza Sticks	20  Orange Chicken & Rice Or Ham & Cheese Croissant	21  Pasta Alfredo W.G Bread Stick Or Mini Corn Dogs	22  Texas Straw Hat Refried Beans Or Tony's Pizza
25  Chicken Strips Green Beans Or Cooks Choice	26  Meatball Sub Or Pizza	27  Grilled Cheese Tomato Soup Or Taco Stick	28  Ravioli & Breadstick Or French Bread Pizza	29  Boneless Chicken Wings Or Bean and Cheese Chalupa

**AVAILABLE DAILY**

<p><u>Available Daily</u></p> <p><b>Sub sandwich, Chef salad, Uncrustable</b></p>	<p><b>ALL LUNCHESES SERVED WITH 8oz 1% OR SKIM MILK</b></p>	
<p>KETCHUP, SALSA, FAT FREE SALAD DRESSINGS</p>	<p>FRESH FRUIT OFFERED WITH ALL MEALS DAILY</p>	<p><b>MENU SUBJECT TO CHANGE</b></p>

<p><b><i>BREAKFAST AND LUNCH WILL BE FREE TO ALL STUDENTS FOR SCHOOL YEAR 2022/2023</i></b></p>	<p>This institution is an equal opportunity provider</p>
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**BREAKFAST SERVED EVERY MORNING**