


SPRINGBROOK MIDDLE SCHOOL

JANUARY LUNCH MENU 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 Bosco Sticks Carb: 50g Or Chicken Sandwich carbs: 43g	4 Sloppy Joe French Fries Or Burrito	5 Macaroni & Cheese Or Stromboli	6 Pizza Or Hot Pocket
9 Chicken Wings W.G. Roll Or Cheeseburger	10 Texas Straw Hat Or Corn Dog	11 Domino's Pizza Or BBQ Pulled Pork Sandwich	12 Mashed Potato Bowl Or Hot Dog	13 Chicken Fajita Or Rotini
16 NO SCHOOL	17 Chicken Tenders Graham Cracker Or Bosco Sticks	18 Crispiti's Or Tony's Pizza	19 Orange Chicken & Rice Or Mini Cheeseburgers	20 ½ Day School No Lunch
23 Cheeseburger Fries or Tots Or Chicken Quesadilla	24 Deli Sub Or Meatball Sub	25 Soft Taco Or BBQ Rib Sandwich	26 Grilled Cheese Tomato Soup Or Chicken Sandwich	27 Chicken Nuggets W.G. Roll Or Round Pizza
30 Hot Ham & Cheese Croissant Or Spicy Chicken Sandwich	31 French Toast Sticks Hash Brown Sausage Or Tony's Pizza			

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

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