


# SPRINGBROOK MIDDLE SCHOOL

## OCTOBER LUNCH MENU 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>3</u> Stromboli Or Chicken Sandwich	<u>4</u> Soft Taco Or Pizza	<u>5</u> Calzone Or Chicken Quesadilla	<u>6</u> Chicken Nuggets Or Mini Cheeseburger	<u>7</u> Ham & Cheese Hot Pocket Or Chicken Tenders
<u>10</u> Bosco Sticks Or Cheeseburger	<u>11</u> Rib Sandwich Or Stromboli	<u>12</u> Domino's Pizza Or Chicken Sandwich	<u>13</u> Orange Chicken Or Burrito	<u>14</u> Chicken Strips Graham Cracker Or Ham & Cheese Croissant
<u>17</u> Taco Stick Or Garlic Knots	<u>18</u> Grilled Cheese Or Hot Dog	<u>19</u> Chicken Sandwich Or Hot Pocket	<u>20</u> Stromboli Or Stuffed Crust Pizza	<u>21</u> Corn Dog Or Rib Sandwich
<u>24</u> Cheeseburger Tater Tots Or Chicken Tenders	<u>25</u> Corn Dog Or French Toast Sticks, Hash Brown, Sausage	<u>26</u> Texas Straw Hat Or Calzone	<u>27</u> French Bread Pizza Or Meatball Sub	<u>28</u> ½ day school no lunch
<u>31</u> Bosco Sticks Or Lasagna Roll Ups				

AVAILABLE DAILY

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

**BREAKFAST AND LUNCH WILL BE *FREE* TO  
ALL STUDENTS FOR SCHOOL YEAR 2022/2023**

This institution is an equal opportunity  
provider

**BREAKFAST SERVED EVERY MORNING**