

NOVEMBER | 2019



Springbrook Middle School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1 Burrito Or Pizza Sticks
4 Hot Dog Or Mini Cheeseburger	5 Chicken Tenders Green Beans WG Cracker Or BBQ Rib Sandwich	6 Calzone Or Cook's Choice	7 Walking Taco Refried Beans Or Chicken Quesadilla	8 Chili Cheese Fries WG Cracker Or Cook's Choice
11 Pizza Sticks Or Pulled Pork Sandwich	12 Orange Chicken Brown Rice Dinner Roll Or Mini Corn Dog	13 Domino's Pizza Or Chicken Sandwich	14 Turkey Gravy Mashed Potatoes Green Beans Dinner Roll Fruit Crisp	15 Texas Straw Hats Refried Beans Or Burrito
18 Bosco Sticks Or Chalupa	19 Cheeseburger Potato Smiles Or Chicken Rings	20 Stuffed Crust Pizza Or Cook's Choice	21 Macaroni & Cheese Peas Dinner Roll Or Chicken Sandwich	22 Soft Taco Refried Beans Lettuce & Tomato Or Chicken Fajitas
25 Crispitos Or Chicken Wings	26 Pizza	27 ½ Day No Lunch	28 No School	29 No School

November

Free Breakfast and lunch served daily at all APS Schools K-12.

A self serve bar is at all schools daily which includes lettuce, carrot, celery sticks, A ½ cup of fruit or vegetable must be taken with each meal per the Healthy Hunger Free Act 2010. Low fat white and 1% chocolate milk are offered daily. PB&J Uncrustables, sub sandwich and chef salad are main entrée choices available daily.