

OCTOBER | 2019

Springbrook Middle School Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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|--|--|---|--|---|
| 30 | 1 Orange Chicken Brown Rice Or Mini Corn Dogs | 2 French Bread Pizza Or Philly Steak Sub | 3 Mashed Potato Bowl Or Mini Cheeseburgers | 4 Burrito Refried Beans Or Crispito's |
| 7 Bosco Sticks Or Chalupa's | 8 Cheeseburger Or Chicken Rings | 9 Domino's Pizza Or Chicken Sandwich | 10 Spaghetti Or Cooks Choice | 11 Soft Taco Refried Beans Or Crispito's |
| 14 Meatball Sub Or Cooks Choice | 15 Chicken Quesadilla Or Cooks Choice | 16 Individual Pizza Or Pulled Pork | 17 Chicken Nuggets WG Cracker Or Cheeseburger | 18 Texas Straw Hats Refried Beans Or Burrito |
| 21 Chicken Sandwich Or Mini Corn Dogs French Fries | 22 Bosco Sticks Corn Or Sloppy Joes | 23 French Bread Pizza Or Egg Roll Fortune Cookie | 24 Rotini Breadstick Or Cooks Choice | 25 Soft Taco Refried Beans Or Crispito's |
| 28 French Toast Sticks Sausage Patty Hashbrown Or Pizza Sticks | 29 Cheeseburger Baked Beans Or Chicken Wings | 30 Stuffed Crust Pizza Or Chicken Sandwich | 31 $\frac{1}{2}$ Day No Lunch | 1 |



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 $\frac{1}{2}$ 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.