



GENUINE

GOOD FOOD DOES GOOD

SPRINGER HS BREAKFAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

<p>9/5</p> <p>LABOR DAY</p>	<p>9/6</p> <p>Chocolate Chip Banana Bread Fruit 1% or FF Chocolate Milk</p>	<p>9/7</p> <p>Breakfast Burrito Salsa Fruit 1% or FF Chocolate Milk</p>	<p>9/8</p> <p>Waffles Breakfast Syrup Craisins 1% or FF Chocolate Milk</p>
<p>9/12</p> <p>Muffins Fruit 1% or FF Chocolate Milk</p>	<p>9/13</p> <p>Chicken Biscuit Fruit 1% or FF Chocolate Milk</p>	<p>9/14</p> <p>Breakfast Cereal Fruit Cocktail 1% or FF Chocolate Milk</p>	<p>9/15</p> <p>Sausage Pancake on a Stick Breakfast Syrup Fruit 1% or FF Chocolate Milk</p>
<p>9/19</p> <p>Pancakes Fruit Breakfast Syrup 1% or FF Chocolate Milk</p>	<p>9/20</p> <p>Cheesy Grits Fruit Juice Fruit 1% or FF Chocolate Milk</p>	<p>9/21</p> <p>Banana Muffin Fruit Juice Fruit 1% or FF Chocolate Milk</p>	<p>9/22</p> <p>Yogurt Parfait Craisins Apple 1% or FF Chocolate Milk</p>
<p>9/26</p> <p>Waffles Breakfast Syrup Fruit 1% or FF Chocolate Milk</p>	<p>9/27</p> <p>Breakfast Burrito Salsa Fruit Juice Fruit 1% or FF Chocolate Milk</p>	<p>9/28</p> <p>Chocolate Chip Banana Bread Fruit 1% or FF Chocolate Milk</p>	<p>9/29</p> <p>Sausage Muffin w/ Cheese Fruit 1% or FF Chocolate Milk</p>



GENUINE

GOOD FOOD DOES GOOD

SPRINGER HS LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9/5 Labor Day	9/6 BBQ Chicken Wrap Green Beans Red Rice Fruit Milk	9/7 Chicken a la King Corn Brown Rice Fruit Milk	9/8 Hamburger Steamed Broccoli Seasoned Carrots Side Salad Fruit Juice Milk Ketchup, BBQ, Ranch
9/12 Sloppy Joe Green Beans Side Salad Fruit Milk Ranch	9/13 Asian Chicken & Noodle Stir Fry Fruit Juice Milk Ranch	9/14 Southwest Turkey Rice Bowl Steamed Corn Salsa Side Salad Fruit Milk	9/15 Salisbury Steak Rice Pinto Beans Roasted Carrots Side Salad Fruit Milk
9/19 BBQ Chicken Sandwich Roasted Sweet Potatoes Green Peas Side Salad Fruit Milk	9/20 Pulled Pork Nachos Pinto Beans Fajita Peppers & Onions Salsa Fruit Milk	9/21 Roasted Chicken Green Beans Roasted Carrots Side Salad Fruit Milk	9/22 Hamburger Steamed Broccoli Seasoned Carrots Side Salad Fruit Juice Milk Ketchup, BBQ, Ranch
9/26 Cajun Chicken Pasta Steamed Broccoli Roasted Carrots Side Salad Fruit Milk Ranch	9/27 Meatloaf Mashed Potatoes Green Peas Side Salad Cornbread Fruit Juice Milk Ranch	9/28 Chicken Sandwich Roasted Sweet Potatoes Beans Side Salad Fruit Milk Ketchup, BBQ, Ranch	9/29 Pulled Pork Burrito Steamed Corn Salsa Side Salad Fruit Milk Ranch