

JANUARY

SPRING LAKE PARK SCHOOL DISTRICT
SPRING LAKE PARK HIGH SCHOOL

ADD COLOR TO YOUR TRAY.
ADD COLOR TO YOUR DAY.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>School Not in Session</p>	<p>3 Breakfast – French Toast Chicken Alfredo over Pasta Steamed Broccoli Fruit Choice Whole Wheat Bread</p> <p>Alt – Salad Bar Grill – Mozzarella Turkey Burger or Hamburger w/French Fries</p>	<p>4 Breakfast – Hot Egg and Cheese Bagel Sandwich Popcorn Chicken Southern Cheesy Grits Sweet Corn Fruit Choice Alt – Baked Potato Bar w/Cup of Chili and Crackers Grill – French Dip Sandwich w/au jus & Pasta Salad</p>	<p>5 Breakfast – Belgian Waffle Italian Cheese Bread w/Tomato Sauce Green Beans Tossed Salad w/Salad Dressing Fruit Choice Frozen Yogurt Cup Alt – Buffalo Chicken Wrap Grill – Cheeseburger on Bun w/Sun Chips</p>	<p>6 Breakfast – Cherry Strudel! Build Your Own Burrito – Beef or Chicken Cilantro/Lime Rice Choice of Beans Fruit Choice</p> <p>Alt – Deli Sandwich Grill – Spicy Chicken Sandwich w/Seasoned Fries</p>
<p>9 Breakfast – Mini Pancakes Mandarin Orange Chicken White Rice Stir Fry Vegetables Fortune Cookie</p> <p>Alt – Taco Bar w/Fixings Grill - *Pulled Port Sandwich w/Coleslaw & Potato Chips</p>	<p>10 Breakfast – Fruit & Yogurt Parfait w/Muffin Choice of Flatbread Pizza Lemon Orzo pasta Salad Vegetable Choice Fruit Choice Alt – Salad Bar w/Cup of Soup Grill – Breaded Chicken Sandwich w/French Fries</p>	<p>11 Breakfast – Scrambled Eggs w/*Sausage Links and Toast Baked Cheesy Rigatoni Whole Wheat Bread Stick Tossed Salad w/Dressing Fruit Choice Mini Rice Crispy Bar Alt – Choice of Entrée Salad Grill - *Brat on Bun w/Potato Salad</p>	<p>12 Breakfast – Oatmeal w/Toppings Chicken Fried Rice Vegetable Choice Fruit Choice Vegetable Egg Roll Fortune Cookie Alt – Choice of Wrap or Deli Sandwich Grill – Grilled Chicken Sandwich w/Seasoned Fries</p>	<p>13 Breakfast - *Breakfast Bagel Build Your Own Sub Sandwich Assorted Toppings Sun Chips Fresh Vegetables w/Dip Chocolate Chip Cookie Alt – Tex Mex Veggie Wrap or Chicken Caesar Wrap Grill – Cheeseburger w/Sun Chips</p>
<p>16</p> <p>School Not in Session</p>	<p>17 Breakfast – French Toast Chicken Tenders Parmesan Mashed Sweet Potato Green Beans Fruit Choice</p> <p>Alt – Choice of Entrée Chopped Salad (Flatbread) Grill – Sloppy Joe w/Sweet Potato Fries</p>	<p>18 Breakfast – Hot Egg & Cheese Bagel Sandwich Spaghetti w/Classic Meat Sauce Tossed Salad w/Dressing Whole Grain Bread Stick Fruit Choice Alt – Cup of Soup & ½ Sandwich Grill – Grilled Chicken Sandwich w/Roasted Red Peppers, Black Olives & French Fries</p>	<p>19 Breakfast – Belgian Waffle Beef or Grilled Chicken Tacos Assorted Fixings Spanish Rice Churro Fruit Choice Alt – Fruit & Yogurt Parfait w/Muffin and String Cheese Grill - *Bacon Cheeseburger w/Potato Chips</p>	<p>20 Breakfast – Apple Strudel! Slice of Deep Dish Pizza Spinach w/Apple Salad Fruit Choice Frozen Fruit Bar</p> <p>Alt – Choice of Deli Sandwich Grill – Breaded Fish Sandwich w/French Fries</p>
<p>23 Breakfast – Mini Pancakes Oven Roasted Turkey and Gravy Mashed Potatoes Glazed Carrot Coins Cranberries Fruit Choice Dinner Roll Alt – Chicken Chili w/Cornbread Grill – BBQ/Cheddar Chicken Sandwich w/Sun Chips</p>	<p>24 Breakfast – Fruit & Yogurt Parfait w/Muffin Roasted Chicken over Penne Pasta w/Tomato & Cream Sauce Tossed Salad w/Dressing Whole Grain Breadstick Fruit Choice Alt – Salad Bar w/Breadstick Grill – Philly Beef Sandwich w/French Fries</p>	<p>25 Breakfast – Scrambled Eggs w/*Sausage Links and Toast BBQ Beef Rib Sandwich Potato Wedges Confetti Coleslaw Fruit Choice</p> <p>Alt – Cup of Soup & ½ Sandwich Grill – Grilled Chicken Sandwich w/Baked Chips</p>	<p>26 Breakfast – Oatmeal w/Assorted Toppings Chicken Stir Fry White Rice Vegetable Blend Mini Egg Rolls</p> <p>Alt – Deli Sandwich Grill – Fiestada Pizza</p>	<p>27</p> <p>School Not in Session</p>
<p>30 Breakfast – Cinni Mini's Oven Breaded Chicken Macaroni & Cheese Green Beans Fruit Choice Petite Biscuit</p> <p>Alt – Taco Bar w/Fixings Grill – Meatball Sub w/Seasoned Fries</p>	<p>31 Breakfast – French Toast Mini Corn Dogs Italian Vegetable Pasta Salad Baked Beans Fruit Choice</p> <p>Alt – Salad Bar w/_____?????? Grill – Bosco Pizza Stick</p>	<p>*Denotes may contain pork. Menu subject to change due to product availability.</p>	<p>Breakfast – Available Daily: Fruit or 100% Fruit Juice 1%, Skim or Skim Chocolate Milk</p> <p>Alternate choice is Cold Cereal w/Toast or Bagel</p>	<p>Lunch – Available Daily: 1%, Skim or Skim Chocolate Milk Fruit Choice – Fresh and Canned Bread Basket</p>

Make colorful choices. Every day.

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