



OCTOBER

SPRINGER SCHOOLS BREAKFAST MENU

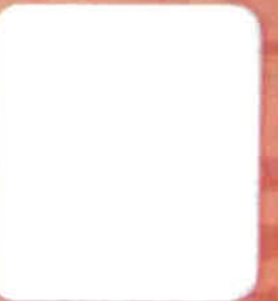
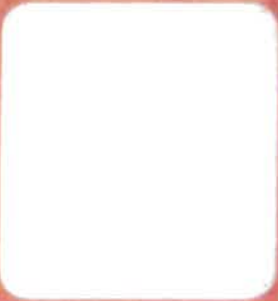
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



4

**Bagel
Fresh Fruit
Low Fat Milk**

5

**Yogurt Parfait
Fresh Fruit
Low Fat Milk**

6

**Ham/Cheese Bar
Fresh Fruit
Low Fat Milk**

7

**Cook's Choice
Fresh Fruit
Low Fat Milk**

8

**Assorted Cereal
Fresh Fruit
Low Fat Milk**

11

**Assorted Muffins
Fresh Fruit
Low Fat Milk**

12

**Bacon Sandwich
Fresh Fruit
Low Fat Milk**

13

**Cinnamon Roll
Fresh Fruit
Low Fat Milk**

14

**Cook's Choice
Fresh Fruit
Low Fat Milk**

15

**Breakfast Burrito
Fresh Fruit
Low Fat Milk**

19

**Breakfast Pizza
Fresh Fruit
Low Fat Milk**

20

**Pancakes
Fresh Fruit
Low Fat Milk**

21

**Cook's Choice
Fresh Fruit
Low Fat Milk**

25

**Pancake on a Stick
Fresh Fruit
Low Fat Milk**

26

**Sausage Biscuit
Fresh Fruit
Low Fat Milk**

27

**French Toast Sticks
Fresh Fruit
Low Fat Milk**

28

**Cook's Choice
Fresh Fruit
Low Fat Milk**

29

**Assorted Cereal
Fresh Fruit
Low Fat Milk**



OCTOBER

SPRINGER SCHOOLS LUNCH MENU

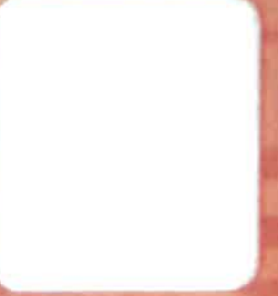
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



4

***Chef Salad**
***Beef Nachos**
Ranch Beans
Bell Pepper Rings
Chilled Fruit
Choice of Milk

5

***Southwest Salad**
***Chicken Sandwich**
Baked Tots
Lettuce/Tomato
Chilled Fruit
Choice of Milk

6

***Cobb Salad**
***Smothered Burrito**
Spanish Rice
Mexi-Corn
Chilled Fruit
Choice of Milk

7

***Caesar Salad**
***Lasagna**
Garlic Bread
Italian Veggies
Chilled Fruit
Choice of Milk

8

Cook's Choice
Make Up Day

11

***Chef Salad**
***Cheeseburger**
Baked Fries
Lettuce/Tomato
Chilled Fruit
Choice of Milk

12

***Southwest Salad**
***Frito Pie**
Pinto Beans
Lettuce/Tomato
Chilled Fruit
Choice of Milk

13

***Cobb Salad**
***Loaded Potato**
Homemade Roll
Brussel Sprouts
Chilled Fruit
Choice of Milk

14

***Caesar Salad**
***Pepperoni Pizza**
Cauliflower
Popeye Salad
Chilled Fruit
Choice of Milk

18

***Chef Salad**
***Pita Sandwich**
Baked Chips
Carrot Sticks
Chilled Fruit
Choice of Milk

19

***Southwest Salad**
***Steak Fingers**
Mashed Potatoes
Green Beans
Chilled Fruit
Choice of Milk

20

***Cobb Salad**
***Mac & Cheese**
Bread & Butter
Sweet Peas
Chilled Fruit
Choice of Milk

21

***Caesar Salad**
***Hot Dog**
Potato Salad
Baked Bean
Chilled Fruit
Choice of Milk

25

***Chef Salad**
***Cubano Sandwich**
Assorted Chips
Celery Sticks
Chilled Fruit
Choice of Milk

26

***Southwest Salad**
***Chicken & Rice**
Saltine Crackers
Veggie Medley
Chilled Fruit
Choice of Milk

27

***Cobb Salad**
***Salisbury Steak**
Seasoned Rice
Glazed Carrots
Chilled Fruit
Choice of Milk

28

***Caesar Salad**
***Chicken Alfredo**
Garlic Bread
California Medley
Chilled Fruit
Choice of Milk

29

Cook's Choice
ELT