

School District of Springfield Township

ELEMENTARY COLD BREAKFAST MENU

Breakfast Prices:

Regular Breakfast: \$1.50

Reduced Breakfast: \$0.30

Milk: \$0.65

Daily Milk Choices:

1% White Milk

Fat Free Chocolate Milk

Fat Free Strawberry Milk

Day 1

Kellogg's Jumpstart Breakfast Kit (Reduced Sugar) or Equivalent

Each kit includes Cereal Bowl or Cereal Bar, Whole Grain Cracker (varies by kit) and 100% Fruit Juice. Students will be able to choose their kit and choice of milk to complete meal.

Day 2

Kellogg's Jumpstart Breakfast Kit (Reduced Sugar) or Equivalent

Each kit includes Cereal Bowl or Cereal Bar, Whole Grain Cracker (varies by kit) and 100% Fruit Juice. Students will be able to choose their kit and choice of milk to complete meal.

Day 3

Kellogg's Jumpstart Breakfast Kit (Reduced Sugar) or Equivalent

Each kit includes Cereal Bowl or Cereal Bar, Whole Grain Cracker (varies by kit) and 100% Fruit Juice. Students will be able to choose their kit and choice of milk to complete meal.

Day 4

Kellogg's Jumpstart Breakfast Kit (Reduced Sugar) or Equivalent

Each kit includes Cereal Bowl or Cereal Bar, Whole Grain Cracker (varies by kit) and 100% Fruit Juice. Students will be able to choose their kit and choice of milk to complete meal.

Day 5

Kellogg's Jumpstart Breakfast Kit (Reduced Sugar) or Equivalent

Each kit includes Cereal Bowl or Cereal Bar, Whole Grain Cracker (varies by kit) and 100% Fruit Juice. Students will be able to choose their kit and choice of milk to complete meal.

Day 6

Kellogg's Jumpstart Breakfast Kit (Reduced Sugar) or Equivalent

Each kit includes Cereal Bowl or Cereal Bar, Whole Grain Cracker (varies by kit) and 100% Fruit Juice. Students will be able to choose their kit and choice of milk to complete meal.

Day 7

Kellogg's Jumpstart Breakfast Kit (Reduced Sugar) or Equivalent

Each kit includes Cereal Bowl or Cereal Bar, Whole Grain Cracker (varies by kit) and 100% Fruit Juice. Students will be able to choose their kit and choice of milk to complete meal.

Day 8

Kellogg's Jumpstart Breakfast Kit (Reduced Sugar) or Equivalent

Each kit includes Cereal Bowl or Cereal Bar, Whole Grain Cracker (varies by kit) and 100% Fruit Juice. Students will be able to choose their kit and choice of milk to complete meal.

Day 9

Kellogg's Jumpstart Breakfast Kit (Reduced Sugar) or Equivalent

Each kit includes Cereal Bowl or Cereal Bar, Whole Grain Cracker (varies by kit) and 100% Fruit Juice. Students will be able to choose their kit and choice of milk to complete meal.

Day 10

Kellogg's Jumpstart Breakfast Kit (Reduced Sugar) or Equivalent

Each kit includes Cereal Bowl or Cereal Bar, Whole Grain Cracker (varies by kit) and 100% Fruit Juice. Students will be able to choose their kit and choice of milk to complete meal.

Day 11

Kellogg's Jumpstart Breakfast Kit (Reduced Sugar) or Equivalent

Each kit includes Cereal Bowl or Cereal Bar, Whole Grain Cracker (varies by kit) and 100% Fruit Juice. Students will be able to choose their kit and choice of milk to complete meal.

Day 12

Kellogg's Jumpstart Breakfast Kit (Reduced Sugar) or Equivalent

Each kit includes Cereal Bowl or Cereal Bar, Whole Grain Cracker (varies by kit) and 100% Fruit Juice. Students will be able to choose their kit and choice of milk to complete meal.

Day 13

Kellogg's Jumpstart Breakfast Kit (Reduced Sugar) or Equivalent

Each kit includes Cereal Bowl or Cereal Bar, Whole Grain Cracker (varies by kit) and 100% Fruit Juice. Students will be able to choose their kit and choice of milk to complete meal.

Day 14

Kellogg's Jumpstart Breakfast Kit (Reduced Sugar) or Equivalent

Each kit includes Cereal Bowl or Cereal Bar, Whole Grain Cracker (varies by kit) and 100% Fruit Juice. Students will be able to choose their kit and choice of milk to complete meal.

Day 15

Kellogg's Jumpstart Breakfast Kit (Reduced Sugar) or Equivalent

Each kit includes Cereal Bowl or Cereal Bar, Whole Grain Cracker (varies by kit) and 100% Fruit Juice. Students will be able to choose their kit and choice of milk to complete meal.

Day 16

Kellogg's Jumpstart Breakfast Kit (Reduced Sugar) or Equivalent

Each kit includes Cereal Bowl or Cereal Bar, Whole Grain Cracker (varies by kit) and 100% Fruit Juice. Students will be able to choose their kit and choice of milk to complete meal.

Day 17

Kellogg's Jumpstart Breakfast Kit (Reduced Sugar) or Equivalent

Each kit includes Cereal Bowl or Cereal Bar, Whole Grain Cracker (varies by kit) and 100% Fruit Juice. Students will be able to choose their kit and choice of milk to complete meal.

Day 18

Kellogg's Jumpstart Breakfast Kit (Reduced Sugar) or Equivalent

Each kit includes Cereal Bowl or Cereal Bar, Whole Grain Cracker (varies by kit) and 100% Fruit Juice. Students will be able to choose their kit and choice of milk to complete meal.

Day 19

Kellogg's Jumpstart Breakfast Kit (Reduced Sugar) or Equivalent

Each kit includes Cereal Bowl or Cereal Bar, Whole Grain Cracker (varies by kit) and 100% Fruit Juice. Students will be able to choose their kit and choice of milk to complete meal.

Day 20

Kellogg's Jumpstart Breakfast Kit (Reduced Sugar) or Equivalent

Each kit includes Cereal Bowl or Cereal Bar, Whole Grain Cracker (varies by kit) and 100% Fruit Juice. Students will be able to choose their kit and choice of milk to complete meal.

Day 21

Kellogg's Jumpstart Breakfast Kit (Reduced Sugar) or Equivalent

Each kit includes Cereal Bowl or Cereal Bar, Whole Grain Cracker (varies by kit) and 100% Fruit Juice. Students will be able to choose their kit and choice of milk to complete meal.

School District of Springfield Township

Middle School Breakfast Menu

Breakfast Prices:

Regular Breakfast: \$1.50; Reduced Breakfast: \$0.30; Milk: \$0.65

Daily Milk Choices:

1% White Milk; Fat Free Chocolate Milk; Fat Free Strawberry Milk

Daily Fruit Choices:

Fresh: Fresh cantaloupe, fresh watermelon, grapes, apple slices, apple, and orange
(Please note: Not all fruit choices available daily)

Cupped: Cupped peaches, cinnamon applesauce, and strawberry applesauce (Please note: Not all cupped fruit options available daily)

Juice: Apple Juice, Fruit Punch Juice, Grape Juice, and Orange Juice (Please note: Not all juice choices are available daily)

Day 1

Apples breakfast bites or equivalent
Apple juice or equivalent
Cinnamon applesauce or equivalent
Choice of milk

Day 2

Glazed cinnamon breakfast roll or equivalent
Apple juice or equivalent
Cinnamon applesauce or equivalent
Choice of milk

Day 3

Mini bagels w/cinnamon cream cheese or equivalent
Apple juice or equivalent
Cinnamon applesauce or equivalent
Choice of milk

Day 4

Crunch mania French toast breakfast or equivalent
Apple juice or equivalent
Cinnamon applesauce or equivalent
Choice of milk

Day 5

Blueberry mini loaf or equivalent
Apple juice or equivalent
Cinnamon applesauce or equivalent
Choice of milk

Day 6

Apples breakfast bites or equivalent
Apple juice or equivalent
Cinnamon applesauce or equivalent
Choice of milk

Day 7

Glazed cinnamon breakfast roll or equivalent
Apple juice or equivalent
Cinnamon applesauce or equivalent
Choice of milk

Day 8

Mini bagels w/cinnamon cream cheese or equivalent
Apple juice or equivalent
Cinnamon applesauce or equivalent
Choice of milk

Day 9

Crunch mania French toast breakfast or equivalent
Apple juice or equivalent
Cinnamon applesauce or equivalent
Choice of milk

Day 10

Blueberry mini loaf or equivalent
Apple juice or equivalent
Cinnamon applesauce or equivalent
Choice of milk

Day 11

Apples breakfast bites or equivalent
Apple juice or equivalent
Cinnamon applesauce or equivalent
Choice of milk

Day 12

Glazed cinnamon breakfast roll or equivalent
Apple juice or equivalent
Cinnamon applesauce or equivalent
Choice of milk

Day 13

Crunch mania French toast breakfast or equivalent
Apple juice or equivalent
Cinnamon applesauce or equivalent
Choice of milk

Day 14

Blueberry mini loaf or equivalent
Apple juice or equivalent
Cinnamon applesauce or equivalent
Choice of milk

Day 15

Apples breakfast bites or equivalent
Apple juice or equivalent
Cinnamon applesauce or equivalent
Choice of milk

Day 16

Glazed cinnamon breakfast roll or equivalent
Apple juice or equivalent
Cinnamon applesauce or equivalent
Choice of milk

Day 17

Mini bagels w/cinnamon cream cheese or equivalent
Apple juice or equivalent
Cinnamon applesauce or equivalent
Choice of milk

Day 18

Crunch mania French toast breakfast or equivalent
Apple juice or equivalent
Cinnamon applesauce or equivalent
Choice of milk

Day 19

Blueberry mini loaf or equivalent
Apple juice or equivalent
Cinnamon applesauce or equivalent
Choice of milk

Day 20

Apples breakfast bites or equivalent
Apple juice or equivalent
Cinnamon applesauce or equivalent
Choice of milk

Day 21

Glazed cinnamon breakfast roll or equivalent
Apple juice or equivalent
Cinnamon applesauce or equivalent
Choice of milk

School District of Springfield Township

HIGH SCHOOL BREAKFAST MENU

Breakfast Prices:

Regular Breakfast: \$1.50; Reduced Breakfast: \$0.30; Milk: \$0.65

Daily Milk Choices:

1% White Milk; Fat Free Chocolate Milk; Fat Free Strawberry Milk

Daily Fruit Choices:

Fresh: Fresh cantaloupe, fresh watermelon, grapes, apple slices, apple, and orange or equivalent

(Please note: Not all fruit choices available daily; subject to change)

Cupped: Cupped peaches, cinnamon applesauce, and strawberry applesauce or equivalent

(Please note: Not all cupped fruit choices available daily; subject to change)

100% Fruit Juice Options: Apple, Fruit Punch, Grape and Orange Juice

(Please note: Not all 100% fruit juice choices available daily; subject to change)

Day 1

Turkey bacon, egg, and cheese sandwich on bagel or English muffin or croissant – or equivalent

Pork roll, egg and cheese sandwich on bagel or English muffin or croissant – or equivalent

Hot Egg and cheese sandwich on a bagel or English muffin, or croissant – or equivalent

Turkey Sausage egg and cheese sandwich on a bagel or English muffin or croissant – or equivalent

French toast sticks - or equivalent

Hash Brown patties - or equivalent

Turkey bacon - or equivalent

Students will be able to choose their sandwich, side items, Fruit sides and Milk to complete their meal.

(Note: Not all choices available everyday)

Day 2

Turkey bacon, egg, and cheese sandwich on bagel or English muffin or croissant – or equivalent

Pork roll, egg and cheese sandwich on bagel or English muffin or croissant – or equivalent

Hot Egg and cheese sandwich on a bagel or English muffin, or croissant – or equivalent

Turkey Sausage egg and cheese sandwich on a bagel or English muffin or croissant – or equivalent

French toast sticks - or equivalent

Hash Brown patties - or equivalent

Turkey bacon - or equivalent

Students will be able to choose their sandwich, side items, Fruit sides and Milk to complete their meal.

(Note: Not all choices available everyday)

Day 3

Turkey bacon, egg, and cheese sandwich on bagel or English muffin or croissant – or equivalent
Pork roll, egg and cheese sandwich on bagel or English muffin or croissant – or equivalent
Hot Egg and cheese sandwich on a bagel or English muffin, or croissant – or equivalent
Turkey Sausage egg and cheese sandwich on a bagel or English muffin or croissant – or equivalent
French toast sticks - or equivalent
Hash Brown patties - or equivalent
Turkey bacon - or equivalent

Students will be able to choose their sandwich, side items, Fruit sides and Milk to complete their meal.
(Note: Not all choices available everyday)

Day 4

Turkey bacon, egg, and cheese sandwich on bagel or English muffin or croissant – or equivalent
Pork roll, egg and cheese sandwich on bagel or English muffin or croissant – or equivalent
Hot Egg and cheese sandwich on a bagel or English muffin, or croissant – or equivalent
Turkey Sausage egg and cheese sandwich on a bagel or English muffin or croissant – or equivalent
French toast sticks - or equivalent
Hash Brown patties - or equivalent
Turkey bacon - or equivalent

Students will be able to choose their sandwich, side items, Fruit sides and Milk to complete their meal.
(Note: Not all choices available everyday)

Day 5

Turkey bacon, egg, and cheese sandwich on bagel or English muffin or croissant – or equivalent
Pork roll, egg and cheese sandwich on bagel or English muffin or croissant – or equivalent
Hot Egg and cheese sandwich on a bagel or English muffin, or croissant – or equivalent
Turkey Sausage egg and cheese sandwich on a bagel or English muffin or croissant – or equivalent
French toast sticks - or equivalent
Hash Brown patties - or equivalent
Turkey bacon - or equivalent

Students will be able to choose their sandwich, side items, Fruit sides and Milk to complete their meal.
(Note: Not all choices available everyday)

Day 6

Turkey bacon, egg, and cheese sandwich on bagel or English muffin or croissant – or equivalent
Pork roll, egg and cheese sandwich on bagel or English muffin or croissant – or equivalent
Hot Egg and cheese sandwich on a bagel or English muffin, or croissant – or equivalent
Turkey Sausage egg and cheese sandwich on a bagel or English muffin or croissant – or equivalent
French toast sticks - or equivalent
Hash Brown patties - or equivalent
Turkey bacon - or equivalent

Students will be able to choose their sandwich, side items, Fruit sides and Milk to complete their meal.
(Note: Not all choices available everyday)

Day 7

Turkey bacon, egg, and cheese sandwich on bagel or English muffin or croissant – or equivalent

Pork roll, egg and cheese sandwich on bagel or English muffin or croissant – or equivalent
Hot Egg and cheese sandwich on a bagel or English muffin, or croissant – or equivalent
Turkey Sausage egg and cheese sandwich on a bagel or English muffin or croissant – or equivalent
French toast sticks - or equivalent
Hash Brown patties - or equivalent
Turkey bacon - or equivalent
Students will be able to choose their sandwich, side items, Fruit sides and Milk to complete their meal.
(Note: Not all choices available everyday)

Day 8

Turkey bacon, egg, and cheese sandwich on bagel or English muffin or croissant – or equivalent
Pork roll, egg and cheese sandwich on bagel or English muffin or croissant – or equivalent
Hot Egg and cheese sandwich on a bagel or English muffin, or croissant – or equivalent
Turkey Sausage egg and cheese sandwich on a bagel or English muffin or croissant – or equivalent
French toast sticks - or equivalent
Hash Brown patties - or equivalent
Turkey bacon - or equivalent
Students will be able to choose their sandwich, side items, Fruit sides and Milk to complete their meal.
(Note: Not all choices available everyday)

Day 9

Turkey bacon, egg, and cheese sandwich on bagel or English muffin or croissant – or equivalent
Pork roll, egg and cheese sandwich on bagel or English muffin or croissant – or equivalent
Hot Egg and cheese sandwich on a bagel or English muffin, or croissant – or equivalent
Turkey Sausage egg and cheese sandwich on a bagel or English muffin or croissant – or equivalent
French toast sticks - or equivalent
Hash Brown patties - or equivalent
Turkey bacon - or equivalent
Students will be able to choose their sandwich, side items, Fruit sides and Milk to complete their meal.
(Note: Not all choices available everyday)

Day 10

Turkey bacon, egg, and cheese sandwich on bagel or English muffin or croissant – or equivalent
Pork roll, egg and cheese sandwich on bagel or English muffin or croissant – or equivalent
Hot Egg and cheese sandwich on a bagel or English muffin, or croissant – or equivalent
Turkey Sausage egg and cheese sandwich on a bagel or English muffin or croissant – or equivalent
French toast sticks - or equivalent
Hash Brown patties - or equivalent
Turkey bacon - or equivalent
Students will be able to choose their sandwich, side items, Fruit sides and Milk to complete their meal.
(Note: Not all choices available everyday)

Day 11

Turkey bacon, egg, and cheese sandwich on bagel or English muffin or croissant – or equivalent
Pork roll, egg and cheese sandwich on bagel or English muffin or croissant – or equivalent
Hot Egg and cheese sandwich on a bagel or English muffin, or croissant – or equivalent

Turkey Sausage egg and cheese sandwich on a bagel or English muffin or croissant – or equivalent

French toast sticks - or equivalent

Hash Brown patties - or equivalent

Turkey bacon - or equivalent

Students will be able to choose their sandwich, side items, Fruit sides and Milk to complete their meal.

(Note: Not all choices available everyday)

Day 12

Turkey bacon, egg, and cheese sandwich on bagel or English muffin or croissant – or equivalent

Pork roll, egg and cheese sandwich on bagel or English muffin or croissant – or equivalent

Hot Egg and cheese sandwich on a bagel or English muffin, or croissant – or equivalent

Turkey Sausage egg and cheese sandwich on a bagel or English muffin or croissant – or equivalent

French toast sticks - or equivalent

Hash Brown patties - or equivalent

Turkey bacon - or equivalent

Students will be able to choose their sandwich, side items, Fruit sides and Milk to complete their meal.

(Note: Not all choices available everyday)

Day 13

Turkey bacon, egg, and cheese sandwich on bagel or English muffin or croissant – or equivalent

Pork roll, egg and cheese sandwich on bagel or English muffin or croissant – or equivalent

Hot Egg and cheese sandwich on a bagel or English muffin, or croissant – or equivalent

Turkey Sausage egg and cheese sandwich on a bagel or English muffin or croissant – or equivalent

French toast sticks - or equivalent

Hash Brown patties - or equivalent

Turkey bacon - or equivalent

Students will be able to choose their sandwich, side items, Fruit sides and Milk to complete their meal.

(Note: Not all choices available everyday)

Day 14

Turkey bacon, egg, and cheese sandwich on bagel or English muffin or croissant – or equivalent

Pork roll, egg and cheese sandwich on bagel or English muffin or croissant – or equivalent

Hot Egg and cheese sandwich on a bagel or English muffin, or croissant – or equivalent

Turkey Sausage egg and cheese sandwich on a bagel or English muffin or croissant – or equivalent

French toast sticks - or equivalent

Hash Brown patties - or equivalent

Turkey bacon - or equivalent

Students will be able to choose their sandwich, side items, Fruit sides and Milk to complete their meal.

(Note: Not all choices available everyday)

Day 15

Turkey bacon, egg, and cheese sandwich on bagel or English muffin or croissant – or equivalent

Pork roll, egg and cheese sandwich on bagel or English muffin or croissant – or equivalent

Hot Egg and cheese sandwich on a bagel or English muffin, or croissant – or equivalent

Turkey Sausage egg and cheese sandwich on a bagel or English muffin or croissant – or equivalent

French toast sticks - or equivalent

Hash Brown patties - or equivalent

Turkey bacon - or equivalent

Students will be able to choose their sandwich, side items, Fruit sides and Milk to complete their meal.

(Note: Not all choices available everyday)

Day 16

Turkey bacon, egg, and cheese sandwich on bagel or English muffin or croissant – or equivalent

Pork roll, egg and cheese sandwich on bagel or English muffin or croissant – or equivalent

Hot Egg and cheese sandwich on a bagel or English muffin, or croissant – or equivalent

Turkey Sausage egg and cheese sandwich on a bagel or English muffin or croissant – or equivalent

French toast sticks - or equivalent

Hash Brown patties - or equivalent

Turkey bacon - or equivalent

Students will be able to choose their sandwich, side items, Fruit sides and Milk to complete their meal.

(Note: Not all choices available everyday)

Day 17

Turkey bacon, egg, and cheese sandwich on bagel or English muffin or croissant – or equivalent

Pork roll, egg and cheese sandwich on bagel or English muffin or croissant – or equivalent

Hot Egg and cheese sandwich on a bagel or English muffin, or croissant – or equivalent

Turkey Sausage egg and cheese sandwich on a bagel or English muffin or croissant – or equivalent

French toast sticks - or equivalent

Hash Brown patties - or equivalent

Turkey bacon - or equivalent

Students will be able to choose their sandwich, side items, Fruit sides and Milk to complete their meal.

(Note: Not all choices available everyday)

Day 18

Turkey bacon, egg, and cheese sandwich on bagel or English muffin or croissant – or equivalent

Pork roll, egg and cheese sandwich on bagel or English muffin or croissant – or equivalent

Hot Egg and cheese sandwich on a bagel or English muffin, or croissant – or equivalent

Turkey Sausage egg and cheese sandwich on a bagel or English muffin or croissant – or equivalent

French toast sticks - or equivalent

Hash Brown patties - or equivalent

Turkey bacon - or equivalent

Students will be able to choose their sandwich, side items, Fruit sides and Milk to complete their meal.

(Note: Not all choices available everyday)

Day 19

Turkey bacon, egg, and cheese sandwich on bagel or English muffin or croissant – or equivalent

Pork roll, egg and cheese sandwich on bagel or English muffin or croissant – or equivalent

Hot Egg and cheese sandwich on a bagel or English muffin, or croissant – or equivalent

Turkey Sausage egg and cheese sandwich on a bagel or English muffin or croissant – or equivalent

French toast sticks - or equivalent

Hash Brown patties - or equivalent

Turkey bacon - or equivalent

Students will be able to choose their sandwich, side items, Fruit sides and Milk to complete their meal.
(Note: Not all choices available everyday)

Day 20

Turkey bacon, egg, and cheese sandwich on bagel or English muffin or croissant – or equivalent
Pork roll, egg and cheese sandwich on bagel or English muffin or croissant – or equivalent
Hot Egg and cheese sandwich on a bagel or English muffin, or croissant – or equivalent
Turkey Sausage egg and cheese sandwich on a bagel or English muffin or croissant – or equivalent
French toast sticks - or equivalent
Hash Brown patties - or equivalent
Turkey bacon - or equivalent

Students will be able to choose their sandwich, side items, Fruit sides and Milk to complete their meal.
(Note: Not all choices available everyday)

Day 21

Turkey bacon, egg, and cheese sandwich on bagel or English muffin or croissant – or equivalent
Pork roll, egg and cheese sandwich on bagel or English muffin or croissant – or equivalent
Hot Egg and cheese sandwich on a bagel or English muffin, or croissant – or equivalent
Turkey Sausage egg and cheese sandwich on a bagel or English muffin or croissant – or equivalent
French toast sticks - or equivalent
Hash Brown patties - or equivalent
Turkey bacon - or equivalent

Students will be able to choose their sandwich, side items, Fruit sides and Milk to complete their meal.
(Note: Not all choices available everyday)

School District of Springfield Township

Elementary Lunch Menu

Lunch Prices:

Regular Lunch: \$2.75; Reduced Lunch: \$0.40; Milk: \$0.65

Daily Milk Choices:

1% White Milk; Fat Free Chocolate Milk; Fat Free Strawberry Milk

Daily Fruit Choices:

Fresh: Fresh cantaloupe, fresh watermelon, grapes, apple slices, apple, and orange
(Please note: Not all fruit choices available daily)

Cupped: Cupped peaches, cinnamon applesauce, and strawberry applesauce (Please note: Not all cupped fruit options available daily)

Juice: Apple Juice, Fruit Punch Juice, Grape Juice, and Orange Juice (Please note: Not all juice choices are available daily)

Daily Alternate Meals:

Peanut butter and jelly sandwich with cheese stick or equivalent
Cereal and yogurt or equivalent

***Note: Days may be re-arranged to accommodate Pizza day to fall on Friday's**

Day 1

Twin Chicken Tacos w/lettuce, cheddar cheese, and sour cream or equivalent
Pork rib sandwich on a roll or equivalent
Fiesta beef taco salad with corn tortilla chips or equivalent
Mexican corn or equivalent
Baby carrots with light ranch dressing or hummus or equivalent
Choice of fruit
Choice of milk

Day 2

Pasta & meatballs in sauce with garlic toast or equivalent
Chicken patty on a whole grain white bun or equivalent
Chicken Caesar salad with dinner roll or equivalent
Green beans or equivalent
Celery sticks with light ranch dressing or hummus or equivalent
Choice of fruit
Choice of milk

Day 3

Chicken nuggets with a buttermilk biscuit or equivalent
Mini corn dogs or equivalent
Spinach Salad w/bacon, egg, and cheddar cheese with plain bread stick or equivalent
Mixed vegetables or equivalent
Broccoli bites with light ranch dressing or hummus or equivalent
Choice of fruit
Choice of milk

Day 4

Cheese pizza or equivalent
Cheeseburger on a whole grain white bun or equivalent
Oriental chicken salad or equivalent
Caesar side Salad or equivalent
Mixed vegetables with light ranch dressing or hummus or equivalent
Choice of fruit
Choice of milk

Day 5

Grilled cheese w/turkey bacon and three cheeses or equivalent
Turkey hot dog on a hot dog roll or equivalent
Garden salad w/grilled chicken and a dinner roll or equivalent
Green Beans or equivalent
Baby Carrots with light ranch dressing or hummus or equivalent
Choice of fruit
Choice of milk

Day 6

Meatball parmesan on roll or equivalent
Chicken patty on a whole grain white bun or equivalent
Grilled Chicken Caesar salad with a dinner roll or equivalent
French fries or equivalent
Celery sticks with light ranch dressing or hummus or equivalent
Choice of fruit
Choice of milk

Day 7

Nachos Grande w/beef, chips, and cheddar cheese with lettuce and or equivalent
Pork rib sandwich on roll or equivalent
Fiesta beef taco salad with corn tortilla chips or equivalent
Garden salad or equivalent
Cucumbers with light ranch dressing or hummus or equivalent
Choice of fruit
Choice of milk

Day 8

BBQ baked chicken with a corn muffin or equivalent
Cheeseburger on a whole grain white bun or equivalent
Spinach salad w/bacon, egg, and cheddar cheese or equivalent
French fries or equivalent
Watermelon or equivalent
Broccoli bites with light ranch dressing or hummus or equivalent
Choice of fruit
Choice of milk

Day 9

Cheese pizza or equivalent
Corn dogs or equivalent
Oriental chicken salad or equivalent
Side salad or equivalent
Mixed veggies with light ranch dressing or hummus or equivalent
Choice of fruit
Choice of milk

Day 10

Burger w/an onion ring on a whole grain white bun or equivalent
Turkey hot dog on a hot dog roll or equivalent
Garden salad w/grilled chicken with a dinner roll or equivalent
French fries or equivalent
Baby carrots with light ranch dressing or hummus or equivalent
Choice of fruit
Choice of milk

Day 11

Teriyaki beef w/broccoli and rice or equivalent
Chicken patty on a whole grain white bun or equivalent
Chicken Caesar salad or equivalent
Oriental vegetable medley or equivalent
Celery sticks with light ranch dressing or hummus or equivalent
Choice of fruit
Choice of milk

Day 12

Turkey bacon chicken patty melt with cheese on a whole grain white bun or equivalent
Pork rib sandwich or equivalent
Fiesta beef taco salad with corn tortilla chips or equivalent
Tomato cucumber salad or equivalent
Broccoli bites with light ranch dressing or hummus or equivalent
Choice of fruit
Choice of milk

Day 13

Cheese pizza or equivalent
Corn dogs or equivalent
Oriental chicken salad or equivalent
Caesar side salad with light Caesar dressing packet or equivalent
Mixed vegetables with light ranch dressing or hummus or equivalent
Choice of fruit
Choice of milk

Day 14

Mozzarella sticks with whole grain pasta and parmesan cheese or equivalent
Turkey hot dog on a hot dog roll or equivalent
Garden salad w/grilled chicken and a dinner roll or equivalent
Vegetable medley or equivalent
Baby carrots with light ranch dressing or hummus or equivalent
Choice of fruit
Choice of milk

Day 15

Soft shell beef tacos with lettuce, tomato, salsa, and sour cream or equivalent
Chicken patty on a whole grain white bun or equivalent
Grilled chicken Caesar salad and plain bread stick or equivalent
Mexican corn or equivalent
Celery sticks with light ranch dressing or hummus or equivalent
Choice of fruit
Choice of milk

Day 16

General Tso's popcorn chicken with rice or equivalent
Pork rib sandwich on a roll or equivalent
Fiesta beef taco salad with corn tortilla chips or equivalent
Brown rice or equivalent
Cucumbers with light ranch dressing or hummus or equivalent
Choice of fruit
Choice of milk

Day 17

Chicken broccoli Alfredo over pasta or equivalent
Cheeseburger on a whole grain white bun or equivalent
Spinach salad w/bacon, egg, and cheddar cheese with a plain bread stick or equivalent
Side salad with romaine lettuce or equivalent
Broccoli bites with light ranch dressing or hummus or equivalent
Choice of fruit
Choice of milk

Day 18

Cheese pizza or equivalent
Corn dogs or equivalent
Oriental chicken salad or equivalent
Vegetable rich side salad or equivalent
Mixed vegetables with light ranch dressing or hummus or equivalent
Choice of fruit
Choice of milk

Day 19

Pancakes and French toast sticks combo with a turkey sausage patty or equivalent
Turkey hot dog on a hot dog roll or equivalent
Spinach salad w/bacon, egg, and cheddar cheese with crackers or equivalent
Potato tots or equivalent
Baby carrots with light ranch dressing or hummus or equivalent
Choice of fruit
Choice of milk

Day 20

Macaroni and cheese with plain bread stick or equivalent
Pork rib sandwich on a roll or equivalent
Oriental chicken side salad or equivalent
Caesar side salad with light Caesar dressing or equivalent
Cucumbers with light ranch dressing or hummus or equivalent
Choice of fruit
Choice of milk

Day 21

Chicken quesadilla with salsa and sour cream or equivalent
Chicken patty on a whole grain white bun or equivalent
Chicken Caesar salad with crackers or equivalent
Seasoned rice or equivalent
Celery sticks with light ranch dressing or hummus or equivalent
Choice of fruit
Choice of milk

School District of Springfield Township

Secondary Lunch Menu

Lunch Prices:

Regular Lunch: \$3.00; Reduced Lunch: \$0.40; Milk: \$0.65

Daily Milk Choices:

1% White Milk; Fat Free Chocolate Milk; Fat Free Strawberry Milk

Daily Fruit Choices:

Fresh: Fresh cantaloupe, fresh watermelon, grapes, apple slices, apple, and orange
(Please note: Not all fruit choices available daily)

Cupped: Cupped peaches, cinnamon applesauce, and strawberry applesauce (Please note: Not all cupped fruit options available daily)

Juice: Apple Juice, Fruit Punch Juice, Grape Juice, and Orange Juice (Please note: Not all juice choices are available daily)

Daily Vegetable Choices:

Green bell pepper slices, broccoli, celery sticks, baby carrots, cucumbers, tomatoes or equivalent – Not all choices may be available daily

Daily Alternate Meals:

Peanut butter and jelly sandwich with cheese stick or equivalent

Cereal and yogurt or equivalent

Hot sandwich meal: chicken patty on a whole grain white bun or equivalent, spicy chicken patty on a whole grain white bun or equivalent, Philly cheese steak on a roll or equivalent, or ham and cheddar panini or equivalent

Cold sandwich meal (Deli Station): hoagie or equivalent, wrap or equivalent (Deli Bar choices include deli turkey breast or equivalent, capicola or equivalent, genoa salami or equivalent, ham or equivalent, grilled chicken breast or equivalent, tuna salad or equivalent, chicken salad or equivalent, turkey bacon or equivalent, garlic herb, tomato basil or spinach herb tortillas or equivalent, American cheese or equivalent, provolone cheese or equivalent, pickles or equivalent, hot banana peppers or equivalent, shredded lettuce or equivalent, and tomatoes or equivalent) – Not all choices may be available daily

Salad meal: chef salad with egg and a dinner roll or equivalent, grilled chicken Caesar salad with a garlic bread stick or equivalent, or buffalo chicken salad with a dinner roll or equivalent

Pizza choices: cheese pizza or equivalent, pepperoni pizza or equivalent, and white pizza or equivalent

***Note: Days may be re-arranged to accommodate Pizza day to fall on Friday's**

Day 1

Pasta and meatballs in sauce with garlic toast or equivalent
Side salad w/spinach leaves and tomatoes or equivalent
Hot sandwich meal option, cold sandwich meal option, salad meal option or pizza meal option or equivalent
Choice of vegetables
Choice of fruit
Choice of milk

Day 2

Chicken tacos with lettuce, cheddar cheese and sour cream or equivalent
Mexican corn or equivalent
Hot sandwich meal option, cold sandwich meal option, salad meal option or pizza meal option or equivalent
Choice of vegetables
Choice of fruit
Choice of milk

Day 3

Chicken nuggets with buttermilk biscuit or equivalent
Green beans or equivalent
Hot sandwich meal option, cold sandwich meal option, salad meal option or pizza meal option or equivalent
Choice of vegetables
Choice of fruit
Choice of milk

Day 4

Pizza dippers or equivalent
Caesar side salad or equivalent
Hot sandwich meal option, cold sandwich meal option, salad meal option or pizza meal option or equivalent
Choice of vegetables
Choice of fruit
Choice of milk

Day 5

Grilled cheese w/turkey bacon and three cheeses or equivalent

Waffle French fries or equivalent

Hot sandwich meal option, cold sandwich meal option, salad meal option or pizza meal option or equivalent

Choice of vegetables

Choice of fruit

Choice of milk

Day 6

Meatball parmesan on roll or equivalent

French fries or equivalent

Hot sandwich meal option, cold sandwich meal option, salad meal option or pizza meal option or equivalent

Choice of vegetables

Choice of fruit

Choice of milk

Day 7

Nachos Grande w/beef, chips, and cheddar cheese with lettuce and or equivalent

Mexican corn or equivalent

Hot sandwich meal option, cold sandwich meal option, salad meal option or pizza meal option or equivalent

Choice of vegetables

Choice of fruit

Choice of milk

Day 8

BBQ baked chicken with a corn muffin or equivalent

Italian green beans or equivalent

Hot sandwich meal option, cold sandwich meal option, salad meal option or pizza meal option or equivalent

Choice of vegetables

Choice of fruit

Choice of milk

Day 9

Pizza dippers or equivalent

Caesar side salad or equivalent

Hot sandwich meal option, cold sandwich meal option, salad meal option or pizza meal option or equivalent

Choice of vegetables

Choice of fruit

Choice of milk

Day 10

Burger with an onion ring on a whole grain white bun or equivalent

Curly french fries or equivalent

Hot sandwich meal option, cold sandwich meal option, salad meal option or pizza meal option or equivalent

Choice of vegetables

Choice of fruit

Choice of milk

Day 11

Teriyaki beef w/broccoli and rice or equivalent

Oriental vegetable medley or equivalent

Hot sandwich meal option, cold sandwich meal option, salad meal option or pizza meal option or equivalent

Choice of vegetables

Choice of fruit

Choice of milk

Day 12

Pancake with syrup dipping cup and turkey sausage patty or equivalent

Hash brown patties or equivalent

Hot sandwich meal option, cold sandwich meal option, salad meal option or pizza meal option or equivalent

Choice of vegetables

Choice of fruit

Choice of milk

Day 13

Pizza dippers or equivalent

Caesar side salad or equivalent

Hot sandwich meal option, cold sandwich meal option, salad meal option or pizza meal option or equivalent

Choice of vegetables

Choice of fruit

Choice of milk

Day 14

Mozzarella sticks with whole grain pasta and parmesan cheese or equivalent

Tomato and cucumber salad or equivalent

Hot sandwich meal option, cold sandwich meal option, salad meal option or pizza meal option or equivalent

Choice of vegetables

Choice of fruit

Choice of milk

Day 15

Soft shell beef tacos with lettuce, tomato, salsa, and sour cream or equivalent

Mexican corn or equivalent

Hot sandwich meal option, cold sandwich meal option, salad meal option or pizza meal option or equivalent

Choice of vegetables

Choice of fruit

Choice of milk

Day 16

General Tso's popcorn chicken with rice or equivalent

Brown rice or equivalent

Hot sandwich meal option, cold sandwich meal option, salad meal option or pizza meal option or equivalent

Choice of vegetables

Choice of fruit

Choice of milk

Day 17

Chicken broccoli Alfredo over pasta or equivalent
Caesar side salad or equivalent
Hot sandwich meal option, cold sandwich meal option, salad meal option or pizza meal option or equivalent
Choice of vegetables
Choice of fruit
Choice of milk

Day 18

Cheese pizza or equivalent
Side salad with romaine lettuce or equivalent
Hot sandwich meal option, cold sandwich meal option, salad meal option or pizza meal option or equivalent
Choice of vegetables
Choice of fruit
Choice of milk

Day 19

French toast sticks and mini pancakes combo with a sausage patty and syrup dipping cup or equivalent
Potato tots or equivalent
Hot sandwich meal option, cold sandwich meal option, salad meal option or pizza meal option or equivalent
Choice of vegetables
Choice of fruit
Choice of milk

Day 20

Buffalo chicken tenders with thin cut French fries and buffalo sauce or equivalent
French fries or equivalent
Hot sandwich meal option, cold sandwich meal option, salad meal option or pizza meal option or equivalent
Choice of vegetables
Choice of fruit
Choice of milk

Day 21

Chicken quesadilla with salsa and sour cream or equivalent

Caesar side salad or equivalent

Hot sandwich meal option, cold sandwich meal option, salad meal option or pizza meal option or equivalent

Choice of vegetables

Choice of fruit

Choice of milk