

Menus for September 2024



Springdale Junior-Senior High School

Tuesday, September 3

- Line 1: Southern Style Chicken Sandwich with Waffle Fries
- Line 2: Buffalo Chicken Wrap or Pizza

Wednesday, September 4

- Line 1: French Toast with Sausage & Hash Browns
- Line 2: Chicken Sandwich or Pizza

Thursday, September 5

- Line 1: Steak Burger with Baked Fries
- Line 2: Italian Deli Wrap or Pizza

Friday, September 6

- Line 1: Baked Italian Dunkers with Pizza Sauce
- Line 2: Deli Hoagie or Peanut Butter & Jelly Sandwich

Breakfast:

Choose at least 3 of the 4 available components

Daily breakfast entrée or variety of alternate choices

Fruit Choice or 100% Fruit Juice

Fat-Free & Low-Fat Milk

Serving Times:

7:20am to 7:45am

Making a Complete Meal

A school lunch consist of 5 components: Protein, Vegetables, Grains, Fruit and Milk.

Please choose at least 3 components to make a reimbursable meal.

Under the new guidelines, one of your selections must include a serving of fruit or vegetable.

*All lunches include choice of milk.

Monday, September 9

- Line 1: Chicken Parmesan with Buttered Noodles
- Line 2: Cheeseburger or Pizza

Tuesday, September 10

- Line 1: Beef & Cheese Nacho's with Steamed Corn
- Line 2: Chicken Tenders with Baked Fries

Wednesday, September 11

- Line 1: General TSO's Chicken and Fried Rice
- Line 2: Cheeseburger and Baked Fries

Thursday, September 12

- Line 1: Grilled Hot Dogs with Tater Tots
- Line 2: Chicken Club Wrap or Pizza

Friday, September 13

- Line 1: French Bread Pizza Wedge
- Line 2: Chicken Sticks with Baked Fries

FREE

Breakfast & Lunch Meals for all students

*District is continuing the Community Eligibility Program

Student meals are FREE through the end of the 2024-2025 school year.

***Ala Carte Items Not Included**

Monday, September 16

Line 1: Double Burger with Baked Fries

Line 2: Baked Hoagie or Pizza

Tuesday, September 17

Line 1: Grilled Cheese Sandwich Served with Soup Cup

Line 2: Cheeseburger or Pizza

Wednesday, September 18

Line 1: Pasta with Meatballs and Toasted Garlic Bread Stick

Line 2: Breaded Chicken Tenders with Baked Fries

Thursday, September 19

Line 1: Barbecue Rib Sandwich with Side of Mac & Cheese

Line 2: Breaded Corn Dog Nuggets

Monday, September 23

Line 1: Hot Honey Chicken Sandwich with Waffle Fries

Line 2: Buffalo Chicken Wrap or Pizza

Tuesday, September 24

Line 1: Beef Soft Shell Taco with Lettuce and Cheese

Line 2: Chicken Sandwich or Pizza

Wednesday, September 25

Line 1: Popcorn Chicken Bowl with Warm Biscuit

Line 2: Cheeseburger with Baked Fries

Thursday, September 26

Line 1: Spicy Chicken Patty Sandwich with Baked Fries

Line 2: Italian Deli Wrap or Pizza

Friday, September 27

Line 1: BOSCO Sticks with Pizza Sauce Dipping Cup

Line 2: Deli Hoagie or Peanut Butter & Jelly Sandwich

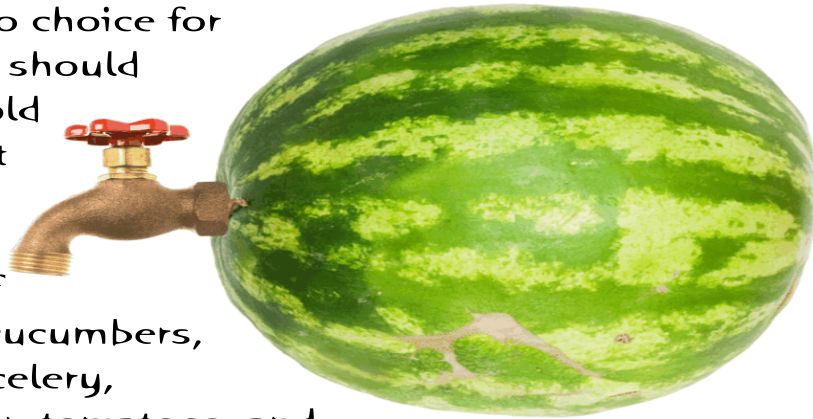
Monday, September 30

Line 1: Southern Style Chicken Sandwich with Waffle Fries

Line 2: Baked Hoagie or Pizza

EAT YOUR WATER.

Your go-to choice for hydration should be good old H₂O. But foods like watermelon (of course), cucumbers, peppers, celery, cauliflower, tomatoes, and strawberries are all more than 90% water and can help you hydrate AND feel more full, too.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

BREAKFAST@SCHOOL

A good morning meal gets you juiced for learning!