

Springs Valley Jr High and High School

Menus are Subject to change without notice **Breakfast and Lunch menu May 2022**

<p>2</p> <p>Jumbo Muffin</p> <hr/> <p>Spicy Popcorn Chicken Mashed Potatoes Green Beans mixed fruit</p>	<p>3</p> <p>Biscuit and Gravy</p> <hr/> <p>Lasagna w/breadstick Broccoli Mixed fruit</p>	<p>4</p> <p>Cinni Mini</p> <hr/> <p>Chicken Tenders w/ Mac and Cheese Corn Mixed Fruit</p>	<p>5</p> <p>Glazed Donut</p> <hr/> <p>Bosco Sticks Carrots Mixed Fruit</p>	<p>6</p> <p>Cinnamon Roll</p> <hr/> <p>Chicken Tacos Refried Beans Mixed Fruit</p>
<p>9</p> <p>French Toast Sticks</p> <hr/> <p>Country Fried steak w/Biscuit Gravy</p> <p>Mashed Potatoes Mixed Fruit</p>	<p>10</p> <p>Sausage Biscuit</p> <hr/> <p>Bosco Sticks</p> <p>Tarter Tots Fresh Carrots</p>	<p>11</p> <p>Fruit/Yogurt Parfait</p> <hr/> <p>Chicken Tenders w/Biscuit Baked Beans Mixed Fruit</p>	<p>12</p> <p>Glazed Donut</p> <hr/> <p>Loaded Nacho Chips Fresh Broccoli Refried Beans Mixed Fruit</p>	<p>13</p> <p>Cinnamon Roll</p> <hr/> <p>BBQ Chicken Flatbread</p> <p>Waffle Fries Green Beans</p>
<p>16</p> <p>Breakfast Bar</p> <hr/> <p>Boneless Wings w/ Mac n cheese</p> <p>Roasted Broccoli</p>	<p>17</p> <p>Sausage Biscuit</p> <hr/> <p>Loaded Tater Tots w/Popcorn Chicken Roll Steamed Carrots</p>	<p>18</p> <p>Managers Choice</p>	<p>19</p> <p>Managers Choice</p>	<p>20</p>

Daily Entrees...

- Chicken Sandwich
- Spicy Chicken Sandwich
- Cheeseburger
- Homemade Pizza
- Grab n Go Sub lunch pack
- Assorted Salads

Assorted Fruit and Cold Veggies available Daily
Low-fat Milk Available – 100 % Fruit Juice Available Daily

Daily Pick 2 Breakfast Options:

Cereal, Graham Crackers, String Cheese
Muffin, Yogurt, Pop Tart. No Duplication of Cereal or Yogurt

*****BREAKFAST FREE FOR ALL STUDENTS*****

All COMPLETE student meals are free for the 2021/2022 school year. The meal must contain 3 out of 5 required components. One must be a ½-cup serving of fruit or vegetable.