



Sparta High School September 2017 Menu



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|---|--|--|--|
| <p>3</p> <p><i>Salad Bar Starts Wednesday Sept. 6th</i></p> | <p>4</p> <p style="text-align: center;"><i>No School Labor Day</i></p> | <p>5</p> <p><i>Egg & Cheese on Bun</i></p> <p><i>Chicken Patty Sandwich</i></p> <p><i>Garden Salad</i></p> <p><i>Mac & Cheese</i></p> <p><i>Apple</i></p> | <p>6</p> <p><i>Pop-Tart</i></p> <p><i>Sloppy Joe</i></p> <p><i>Tater Tots</i></p> <p><i>Corn</i></p> <p><i>Pears</i></p> | <p>7</p> <p><i>Waffle Mini's</i></p> <p><i>BBQ Chicken on Bun</i></p> <p><i>Baked Potato</i></p> <p><i>Baked Beans</i></p> <p><i>Applesauce</i></p> | <p>1</p> <p>8</p> <p><i>Sausage Biscuit</i></p> <p><i>Pizza</i></p> <p><i>Vegetables & Dip</i></p> <p><i>Fresh Fruit Salad</i></p> <p><i>Sherbet Cup</i></p> | <p>2</p> <p>9</p> <p><i>All School Lunches are planned to meet the USDA guidelines to serve healthy meals to your stu- dents</i></p> |
| <p>10</p> <p><i>Salad Bar every Tuesday to Friday</i></p> | <p>11</p> <p><i>Pancake on Stick</i></p> <p><i>Hamburger</i></p> <p><i>French Fries</i></p> <p><i>Corn</i></p> <p><i>Applesauce</i></p> | <p>12</p> <p><i>Cini Mini</i></p> <p><i>Pizza Casserole</i></p> <p><i>Cheese Bread</i></p> <p><i>Garden Salad</i></p> <p><i>Pears</i></p> | <p>13</p> <p><i>Cereal / Yogurt</i></p> <p><i>Deli Sub</i></p> <p><i>Northern Beans</i></p> <p><i>Carrots & Tomatoes</i></p> <p><i>Sliced Peaches</i></p> | <p>14</p> <p><i>Chicken on Biscuit</i></p> <p><i>Biscuit & Gravy</i></p> <p><i>Bacon & Potato Wedges</i></p> <p><i>Veggie Juice</i></p> <p><i>Fresh Fruit</i></p> | <p>15</p> <p><i>Breakfast Round</i></p> <p><i>AJ's Pizza</i></p> <p><i>Veggies and Dip</i></p> <p><i>Ice Cream Cup</i></p> <p><i>Fresh Fruit</i></p> | <p>16</p> <p><i>All Breakfast are offered with 1 cup of fruit. We Offer flavored and non-flavored low fat milk with every meal.</i></p> |
| <p>17</p> | <p>18</p> <p><i>Breakfast Pizza</i></p> <p><i>Pizza Crunchers</i></p> <p><i>Northern Beans</i></p> <p><i>Carrot Stick</i></p> <p><i>Applesauce</i></p> | <p>19</p> <p><i>Egg & Cheese on Bun</i></p> <p><i>Walking Taco</i></p> <p><i>Cheese</i></p> <p><i>Mexican Corn</i></p> <p><i>Garden Salad</i></p> <p><i>Peaches</i></p> | <p>20</p> <p><i>Pop-Tart</i></p> <p><i>Chicken Nuggets</i></p> <p><i>Egg Roll</i></p> <p><i>Green Beans</i></p> <p><i>Rice</i></p> <p><i>Pineapple</i></p> | <p>21</p> <p><i>Waffle Mini's</i></p> <p><i>Chicken Patty</i></p> <p><i>Bread Stick</i></p> <p><i>Carrots</i></p> <p><i>Scalloped Potatoes</i></p> <p><i>Mixed Fruit</i></p> | <p>22</p> <p><i>Sausage Biscuit</i></p> <p><i>Bosco Stick</i></p> <p><i>Garden Salad</i></p> <p><i>Fresh Fruit</i></p> <p><i>Ice Cream Sandwich</i></p> | <p>23</p> |
| <p>24</p> <p><i>Breakfast is Free for ALL Lunch \$2.25 Reduced \$.40 Snack Milk \$.30</i></p> | <p>25</p> <p><i>Pancake on Stick</i></p> <p><i>Grilled Cheese</i></p> <p><i>Brown Beans</i></p> <p><i>Lettuce Salad</i></p> <p><i>Applesauce</i></p> | <p>26</p> <p><i>Cini Mini</i></p> <p><i>Meat Loaf</i></p> <p><i>Bread Stick</i></p> <p><i>Mash Potatoes/ Gravy</i></p> <p><i>Green Beans</i></p> <p><i>Peaches</i></p> | <p>27</p> <p><i>Cereal / Yogurt</i></p> <p><i>Nachos</i></p> <p><i>Garden Salad</i></p> <p><i>Strawberries</i></p> <p><i>Brownie</i></p> | <p>28</p> <p><i>Chicken on Biscuit</i></p> <p><i>Biscuit & Gravy</i></p> <p><i>Bacon & Potato Wedges</i></p> <p><i>Veggie Juice</i></p> <p><i>Fresh Fruit</i></p> | <p>29</p> <p><i>Breakfast Round</i></p> <p><i>AJ's Pizza</i></p> <p><i>Veggies & Dip</i></p> <p><i>Juice Bar</i></p> <p><i>Fresh Fruit</i></p> | <p>30</p> <p><i>This institution is an equal opportunity pro- vider.</i></p> <p><i>Menu subject to change.</i></p> <p><i>Any menu question or food allergy concerns please call 417-634- 3223 ext. 176</i></p> |