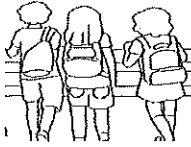




# SPRINGVILLE UNION SCHOOL DISTRICT LUNCH MENU – SEPTEMBER 2023

## HOME OF THE SPARTANS

MENUS ARE SUBJECT TO CHANGE DUE TO  
PRODUCT AVAILABILITY.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Did you know that breakfast is available every day at Springville School? Breakfast includes: Cereal and fresh fruit As well as milk, soy, juice.</p>			<p>1</p> <p>Pepperoni Pizza Carrots &amp; Celery Sticks With Ranch Mixed Fruit</p>
<p>4</p> <p>NO SCHOOL LABOR DAY HOLIDAY</p>	<p>5</p> <p>Soft Beef Taco Guacamole, Shredded Lettuce, cheese Refried Beans Oranges</p>	<p>6</p> <p>Chicken Alfredo Rom Tom Salad with Tomato slices Pineapple</p>	<p>7</p> <p>Italian Sandwich, with Sliced Cheese, Spinach, Salad, with Vinaigrette dressing Plum</p>	<p>8</p> <p>Cheese Pizza Carrots &amp; Broccoli bites with Ranch Fruit Medley</p>
<p>11</p> <p>Beef Frito Boat Nacho Cheese and beans Shredded Lettuce &amp; Salsa Refried Beans Pears</p>	<p>12</p> <p>Macaroni &amp; Cheese Hot Roll Cesar Salad Apple</p>	<p>13</p> <p>BBQ Pulled Pork Sandwich Coleslaw Pickel Peaches</p>	<p>14</p> <p>Chicken Strips Potato Wedges BBQ Sauce &amp; Ketchup Green Salad Mixed Fruit</p>	<p>15</p> <p>Meat Lovers Pizza Rom Tom &amp; Spinach Salad Ranch Dressing Banana Pudding</p>
<p>18</p> <p>Bean &amp; Cheese Burrito Mixed Vegetable Graham Cracker Apple</p>	<p>19</p> <p>Pastrami Sandwich, sliced Provolone Cheese, Dipping Sauce, Green Salad Peach</p>	<p>20</p> <p>*Cheeseburger Special Sauce Rom Tom Salad Baked Beans Pears</p>	<p>21</p> <p>Fish &amp; Chips Tartar sauce Green Salad Plum</p>	<p>22</p> <p>Mozzarella Cheese Stick Tomato Soup Graham Cracker Fruit Cocktail</p>
<p>25</p> <p>Chili Dog Shredded Cheese Mixed Greens Pineapple</p>	<p>26</p> <p>Cheese Raviolis Red Sauce Zucchini sticks with ranch. Banana</p>	<p>27</p> <p>Enchiladas with Beans Green Salad Salsa Orange</p>	<p>28</p> <p>Chicken Sandwich, Lettuce Tomato Sweet Potato Apple sauce</p>	<p>29</p> <p>Pepperoni Pizza Cucumber with Ranch Mixed Fruit</p>

CHOICE OF 1% UNFLAVORED OR NONFAT MILK SERVED DAILY - ALLERGY SUBSTITUTE ARE SOY, JUICE, OR OTHER.  
ALL DIPS, DRESSINGS, AND SAUCES ARE LOW FAT.      CONDIMENTS WILL BE SERVED WITH APPROPRIATE MENU ITEMS.  
ALL BREADS AND PASTAS ARE WHOLE GRAIN.      \*CONTAINS BEEF MEAT      #CONTAINS PORK MEAT  
The U.S.D.A. and S.U.S.D. are equal opportunity providers.

### HARVEST OF THE MONTH

Fruit: Apples

Vegetable:  
Sweet Potato

Featured produce items are available year around.

Other fruits and vegetables available during the autumn season are:

- Kiwi Fruit
- Oranges
- Peaches
- Plums
- Pomegranates
- Raspberries
- Strawberries
- Neclarines
- Avocados
- Bok Choy
- Beets
- Jicama
- Radishes
- Tomatoes



### Spartan Pride

List all the things you plan on accomplishing this week?

- 1.
- 2.
- 3.
- 4.
- 5.

Monthly Quote:

“There are no wrong answers, only learning opportunities.”

Fruit Fact:

Bananas are a botanical berry