

Lunch Prices

Regular

Grades k-6..... \$2.00

Grades 7-12\$2.25

Extra Milk Price \$0.35

Reduced

All Grades\$0.40

Adults

Staff & Visitors ..\$2.25

Free & Reduced

Applications

To get an application for the Free and Reduced Price School Meals Program, please contact the child's principal's office

This menu is subject to change due to availability of items.

Sweet Springs R-VII

August Lunch Menu

			Thursday Aug 17	Friday Aug 18
			Meat Sauce & Spaghetti, Whole Wheat Bread Stick, Green Beans, Fresh Fruit	Hamburger/Whole Wheat Bun, Potato Twists, Peaches
Monday Aug 21	Tuesday Aug 22	Wednesday Aug 23	Thursday Aug 24	Friday Aug 25
Turkey & Cheese on Panini Bun, Sun Chips, Fresh Fruit, Solar Cookie	Chicken Strips, Mashed Potatoes/ Gravy, Peas, Pineapple Tidbits, Whole Wheat Bread	Chicken Quesadilla, Corn & Black Bean Salsa, Applesauce	Chicken & Noodles, Broccoli, Mandarin Oranges, Rice Krispy Treats	Pepperoni Stromboli, Baby Carrots, Romaine Salad, Ranch Dressing, Pears
Monday Aug 28	Tuesday Aug 29	Wednesday Aug 30	Thursday Aug 31	
Chicken Nuggets, Macaroni & Cheese, Peas, Mixed Fruit	Taco/ Whole Wheat Tortilla, Diced Tomatoes, Cheese, Shredded Lettuce, Refried Beans, Peaches, Sherbet	Chicken Fried Steak, Mashed Potatoes/ Gravy, Carrots, Fresh Fruit, Whole Wheat Bread	Corn Dog, Tator Wedges, Coleslaw, Peaches	

Meal Requirements:

Breakfast:

Lunch: 5 meal components are offered and the student can select 3 or more. One of the 3 must be 1/2 cup fruit or vegetable, or a combination.

Vegetable choices may include: Hot Vegetables, Fresh Vegetables, Salad, or potatoes.

Fruit choices may include: Fresh Fruit or Canned Fruit.

The Sweet Springs R-Vii School District follows the Equal Employment Opportunity Commission (EEOC) guidelines and does not discriminate because of a person's race, color, religion, sex (including gender identity, national origin, age (40 or older), disability or genetic information.