

Menu for May 2025 Springdale  
Junior/Senior High School



## NUTRITION TO GO

OK, kids. Here's your homework for the summer: set a good example for your parents during your time off from school by modeling good nutrition behavior for them. Ask for and eat more fresh fruits and veggies, and cut back on your snacking on foods that are high in fat, sodium, and sugar. We didn't say it would always be easy!

## A QUICK BITE FOR TEENS

### 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

### Thursday, May 1

Line 1: Double Burger with Baked Fries

Line 2: Pepperoni or Cheese Pizza

### Friday, May 2

Line 1: Italian Dunkers with Pizza Sauce

Line 2: Cheeseburger with Baked Fries

### Monday, May 5

Line 1: Spicy Chicken Sandwich

Line 2: Toasted Hoagie or Pizza

### Tuesday, May 6

Line 1: Quesadilla Pizza with Spanish Rice

Line 2: Chicken Tenders with Baked Fries

### Wednesday, May 7

Line 1: Asian Chicken with Steamed Rice

Line 2: Cheeseburger with Baked Fries

### Thursday, May 8

Line 1: Grilled Cheese with Tomato Soup

Line 2: Ham n Cheese on Pretzel Bun

### Friday, May 9

Line 1: Steak Burger with Baked Fries

Line 2: Pepperoni or Cheese Pizza



# YOU'RE GOOD™

ALL STUDENTS EAT  
ALL MEALS @ NO COST  
ALL YEAR LONG

### Monday, May 12

Line 1: Chicken Parmesan Sandwich

Line 2: Cheeseburger with Baked Fries

### Tuesday, May 13

Line 1: Beef & Cheese Nachos with Corn

Line 2: Chicken Tenders with Baked Fries

### Wednesday, May 14

Line 1: Popcorn Chicken Bowl

Line 2: Cheeseburger with Baked Fries

### Thursday, May 15

Line 1: BBQ Rib Sandwich with Mac & Cheese

Line 2: Chicken Patty Sandwich

### Friday, May 16

Line 1: Chicken Bites Combo Basket

Line 2: Buffalo Chicken Pizza

**Monday, May 19**

Line 1: Double Burger with Baked Fries

Line 2: Cheese or pepperoni Pizza

**Tuesday, May 20**

Line 1: French Toast & Sausage

Line 2: Chicken Sandwich & Baked Fries

**Wednesday, May 21**

Line 1: Pasta & Meatballs with Breadstick

Line 2: Cheeseburger with Baked Fries

**Thursday, May 22**

Line 1: Southern Chicken Sandwich

Line 2: Toasted Hoagie or Pizza

**Friday, May 23**

Line 1: Bacon Burger with Baked Fries

Line 2: French Bread Pizza Wedge

The world's tallest  
roller coaster is  
over 450 feet  
high and hits  
speeds up to 125  
mph! Would YOU  
ride it?!?



**Tuesday, May 27**

Line 1: Chicken Tenders & Whipped Potatoes

Line 2: Cheese or Pepperoni Pizza

**Wednesday, May 28**

Line 1: Cheeseburger

Line 2: Grilled Hot Dogs

**Thursday, May 29**

Line 1: Chicken Bites with Baked Fries

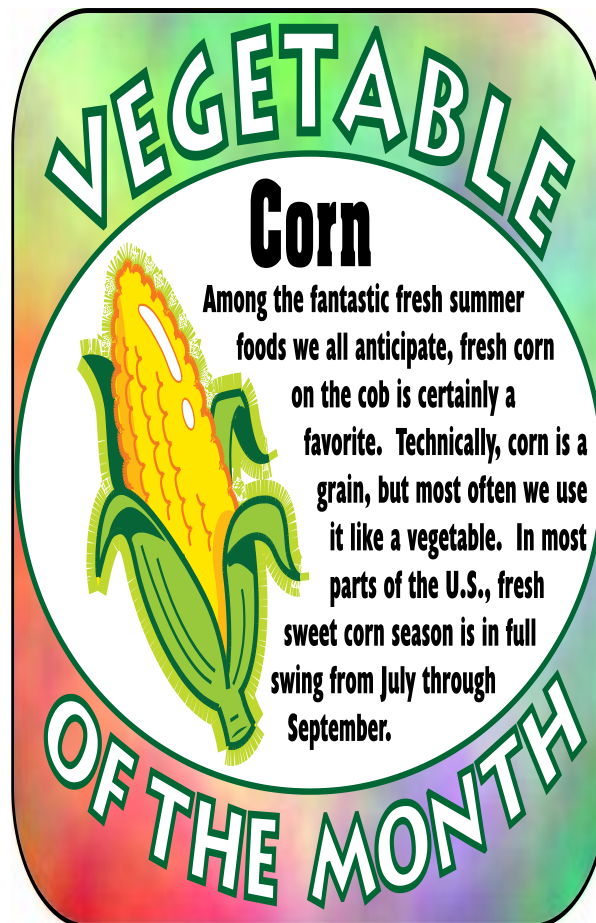
Line 2: Pizza Slice

**Friday, May 30**

Line 1: BOSCO Sticks with Pizza Sauce

Line 2: Cheeseburger

\*Assorted Ice Cream Cups & Bars



**No-cost meals for kids  
this summer**



**YOUR  
ASSIGNMENT**

Have a GREAT  
summer! We'll see  
you in a few  
months!

