

# SOUTH PARK MIDDLE SCHOOL LUNCH MENU

## MARCH 2024

### What Makes A Meal?

A student must take 3 of the 5 components to make a meal under the National School Lunch Program.

1. Grains
2. Vegetables
3. Fruits
4. Dairy
5. Meat/Protein Alternative

A student must take a fruit or a vegetable.

### Meal Prices

SPMS Lunch Price \$2.70  
Reduced-Price Lunch \$.40

Free & reduced-price meal applications available on [sparksd.org](http://sparksd.org)

### Reminders

PB&J Sandwich, Pizza, & Salads  
Are Entree Alternatives

A la carte items are not included with free or reduced-price meals.

### Daily Milk Choices

Low Fat White  
Fat Free Chocolate

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Cheese Ravioli w/ Breadstick Salad Bar / Pizza / PBJ  Choice of Fruit Choice of Milk
<b>4</b> Hot Dogs Salad Bar / Pizza / PBJ Baked chips Baked beans Choice of Fruit Choice of Milk	<b>5</b> Breakfast for Lunch Salad Bar / Pizza / PBJ Hashbrowns Celery Sticks Choice of Fruit Choice of Milk	<b>6</b> Chicken Tenders Salad Bar / Pizza / PBJ Corn Baby Carrots w/ Ranch Choice of Fruit Choice of Milk	<b>7</b> Baked Potato Bar Salad Bar / Pizza / PBJ Broccoli Choice of Fruit Choice of Milk	<b>8</b> Max Pizza Sticks Salad Bar / Pizza / PBJ Side Salad Green Beans Choice of Fruit Choice of Milk
<b>11</b> Meatballs w./ Breadsticks Salad Bar / Pizza / PBJ Green Beans Choice of Fruit Choice of Milk	<b>12</b> Mini Corn Dogs Salad Bar / Pizza / PBJ Tater Tots Peas Choice of Fruit Choice of Milk	<b>13</b> Chicken Sandwich Salad Bar / Pizza / PBJ Broccoli Choice of Fruit Choice of Milk	<b>14</b> Italian Hoagie Salad Bar / Pizza / PBJ Baked Chips Chicken Noodle Soup Choice of Fruit Choice of Milk	<b>15</b> Macaroni & Cheese Salad Bar / Pizza / PBJ Stewed tomatoes Carrots w/ ranch Choice of Fruit Choice of Milk
<b>18</b> Popcorn Chicken Salad Bar / Pizza / PBJ Corn Choice of Fruit Choice of Milk	<b>19</b> Cheeseburger Salad Bar / Pizza / PBJ Tater Tots Cucumber Slices Choice of Fruit Choice of Milk	<b>20</b> Chicken Nuggets Salad Bar / Pizza / PBJ Buttered Noodles Green Beans Choice of Fruit Choice of Milk	<b>21</b> Meatball Hoagies Salad Bar / Pizza / PBJ Side Salad Broccoli Choice of Fruit Choice of Milk	<b>22</b> Grilled Cheese Salad Bar / Pizza / PBJ Tomato Soup Goldfish Crackers Choice of Fruit Choice of Milk
<b>25</b>  <b>NO SCHOOL</b> (Staff In-Service)	<b>26</b> Philly Cheesesteak Salad Bar / Pizza / PBJ Peppers & Onions Celery Sticks Choice of Fruit Choice of Milk	<b>27</b> Chicken Sandwich Salad Bar / Pizza / PBJ Baked Chips Choice of Fruit Choice of Milk	<b>28</b> PRE-ORDER Grab 'n Go Early Dismissal	<b>29</b>  <b>NO SCHOOL</b> (Spring Break)

USDA is an equal opportunity provider and employer.

Menus Subject to Change.