

JULY | 2024

VERTICAL EXTREME LUNCH MENU



SMORGASBORD DAY!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p> <p>SMORGASBORD DAY!</p>	<p>2</p> <p>CHICKEN NUGGETS WG BREADED, OVEN BAKED, CHICKEN NUGGETS OVEN BAKED FRENCH FRIES MIXED FRUIT WG BAKED PRETZEL BBQ SAUCE / KETCHUP</p>	<p>3</p> <p>BBQ PORK RIB PATTY PORK RIB PATTY WITH BBQ SAUCE ON A WG SUB BUN GREEN BEANS APPLESAUCE L.F. DORITOS</p>	<p>4</p> <p>VE CLOSED IN OBSERVANCE OF INDEPENDENCE DAY!</p>	<p>5</p> <p>CHICKEN SALAD SANDWICH CHICKEN SALAD ON WG BUN STEAMED BROCCOLI MANDARIN ORANGE SEGMENTS PRETZELS</p>
<p>8</p> <p>WG CHEESE PIZZA GREEN BEANS MIXED FRUIT CEREAL & SNACK MIX</p>	<p>9</p> <p>BAKED RAVIOLI WG MEAT FILLED RAVIOLI MIXED GREEN LETTUCE SALAD WITH L.F. RANCH DRESSING SLICED PEARS WG BREADSTICK</p>	<p>10</p> <p>CHICKEN TENDERS WG BREADED, OVEN BAKED CHICKEN TENDERS OVEN BAKED FRENCH FRIES SLICED PEACHES WG ROLL BBQ SAUCE /</p>	<p>11</p> <p>HOT DOG ALL MEAT HOT DOG IN A WG BUN BAKED BEANS GOLDEN DELICIOUS APPLE GOLDFISH CRACKERS KETCHUP / MUSTARD</p>	<p>12</p> <p>CHICKEN SANDWICH WG BREADED, OVEN BAKED CHICKEN PATTY ON A WG BUN BAKED SWEET POTATOES BANANA KETCHUP / L.F. MAYO PRETZELS</p>
<p>15</p> <p>CORN DOG WG BREADED, OVEN BAKED CHICKEN CORN DOG SWEET POTATO WAFFLE FRIES SEASONAL MIXED FRUIT WG EMOJI SNACKS KETCHUP / MUSTARD</p>	<p>16</p> <p>GRILLED CHEESE SANDWICH TOASTED WG BREAD WITH SLICED AMERICAN CHEESE SLICED COOKED CARROTS APPLESAUCE WG TEDDY GRAHAMS</p>	<p>17</p> <p>CHICKEN FAJITA CHICKEN FAJITA MEAT INSIDE A WG SOFT TORTILLA WITH SHRED. CHEDDAR CHEESE CORN PINEAPPLE TIDBITS CORN TORTILLA CHIPS L.F. SOUR CREAM / SALSA</p>	<p>18</p> <p>SACK LUNCH DAY! HAM SANDWICH SLICED HAM ON A WG BUN FRESH MIXED VEGGIES WITH L.F. RANCH DIP BANANA ANIMAL CRACKERS MAYO / MUSTARD</p>	<p>19</p> <p>SMORGASBORD DAY!</p>
<p>22</p> <p>CHICKEN NUGGETS WG BREADED, OVEN BAKED, CHICKEN NUGGETS OVEN BAKED FRENCH FRIES MIXED FRUIT WG ROLL BBQ SAUCE / KETCHUP</p>	<p>23</p> <p>WG CHEESE FILLED BREADSTICKS WITH MARINARA SAUCE MIXED GREEN LETTUCE SALAD WITH L.F. RANCH DRESSING DICED PEARS</p>	<p>24</p> <p>SUB SANDWICH SLICED TURKEY & HAM WITH AMERICAN CHEESE ON A WG SUB BUN MAYO & MUSTARD PACKETS CARROTS & L.F. RANCH DIP RED DELICIOUS APPLE L.F. BAG OF DORITOS</p>	<p>25</p> <p>TACO ALL BEEF TACO MEAT & SHRED. CHEDDAR CHEESE IN A SOFT WG TORTILLA REFRIED BEANS PINEAPPLE TIDBITS SPANISH RICE L.F. SOUR CREAM / SALSA</p>	<p>26</p> <p>SMORGASBORD DAY!</p>
<p>29</p> <p>POPCORN CHICKEN WG BREADED, OVEN BAKED POPCORN CHICKEN MASHED POTATOES CHICKEN GRAVY DICED PEACHES WG HONEY WHEAT ROLL BBQ SAUCE / KETCHUP</p>	<p>30</p> <p>SPAGHETTI & MEATBALLS WG PASTA WITH ALL BEEF MEATBALLS IN MARINARA SAUCE MIXED GREEN LETTUCE SALAD WITH CHOICE OF DRESSING RED SEEDLESS GRAPES WG BREADSTICK</p>	<p>31</p> <p>BBQ PORK RIB PATTY PORK RIB PATTY WITH BBQ SAUCE ON A WG SUB BUN GREEN BEANS APPLESAUCE GOLDFISH CRACKERS</p>	<p>1</p>	<p>2</p>



ENROLL NOW!

WWW.CASPRINGFIELD.ORG

