

Menu Subject to Change

Please see your building Head Cook for exact availability in your student's building.

Follow us on Twitter & Instagram @SGRocketscafe

MAY 2023

Gluten-Free Options

Spring Grove Area School District

Students (K-4)) Breakfast \$1.25 Student Lunch \$2.30

Students (5-12) Breakfast \$4.35 Student Lunch \$2.55

Reduced Breakfast \$0.30

Reduced Lunch \$0.40

Adult Breakfast \$1.85 Adult Lunch \$4.05

Monday

Tuesday

Wednesday

Thursday

Friday

***Gluten Free Noodles**
Broccoli
Assorted Fruit

***GF Chicken Nuggets**
w/ GF Roll
Steamed Carrots
Fresh Fruit
***Yogurt Munchable**
w/ GF Grahams or Crackers

***Teriyaki Meatballs**
w/ Veggie Fried Rice
Steamed Mixed Veggies
Assorted Fruit
***Chef Salad w/ GF Roll**

Star Wars Day
***HAM Solo & Cheese**
GF Sandwich
Millennium Falcon
Mandalorian Oranges
***Yoda Munchable**
w/ GF Grahams or Crackers

Cinco de Mayo
School Lunch Hero Day
***GF Pizza**
Black Bean Salsa
Assorted Fruit
***Cook's Choice**

***Grilled Cheese on GF Bread**
Steamed Peas
Assorted Fruit

***Grilled Chicken on GF Roll**
Baked Beans
Fresh Fruit

***Rocket Cold-Cut Sub**
on GF Roll
GF Potato Chips
Assorted Veggies w/ Dip
Assorted Fruit

***GF Chicken Nuggets**
Broccoli
Coleslaw
Fresh Fruit
***Hamburger on GF Bun**

***GF Pizza**
Seasoned Mixed Veggies
Assorted Fruit
***Cook's Choice**

***Yogurt Munchable**
w/ GF Grahams or Crackers

***Hamburger on GF Bun**

***Hot Dog on GF Bun**
Steamed Carrots
Assorted Fruit
***Yogurt Munchable**
w/ GF Grahams or Crackers

***Beef Tacos**
Seasoned local PA beef w/ choice of fixins
Texas Style Pinto Beans
Fresh Fruit
***Chef Salad w/ GF Roll**

***GF Chicken Nuggets**
Baked Fries
Assorted Fruit
***Chef Salad w/ GF Roll**

***GF Noodles w/ Sauce**
Rocket Salad w/ Dressing
Fresh Fruit
***Chef Salad w/ GF Roll**

***GF Pizza**
Steamed Mixed Veggies
Assorted Fruit
***Cook's Choice**

***GF Mac & Cheese**
Green Beans
Assorted Fruit
***Yogurt Munchable**
w/ GF Grahams or Crackers

Brunch for Lunch
***GF Waffles & Sausage**
Tater Tots
Fresh Fruit
***Pizza Munchable made with**
GF Roll or Crackers

National Asparagus Day
***GF Chicken Nuggets**
Asparagus
PA Harvest of the Month Item
Assorted Fruit
***Pizza Munchable made with**
GF Roll or Crackers

***GF Pasta w/ Sauce**
Carrots
Fresh Fruit
***Pizza Munchable made with**
GF Roll or Crackers

***GF Pizza**
Mixed Veggies
Assorted Fruit

No School

***Hot Dog on GF Bun**
Baked Fries
Assorted Fruit

***Turkey on GF Roll**
Assorted Veggies
Assorted Fruit

Tuesday June 1st
Early Dismissal/Last Day of School!
No Lunch- Breakfast *will* be served
Happy Summer!

***Yogurt Munchable**
w/ GF Grahams or Crackers

***Yogurt Munchable**
w/ GF Grahams or Crackers

MY
SCHOOL
BUCKS

PAY FOR MEALS ONLINE
MySchoolBucks.com

Free & Reduced Meal Applications are available on the district website or at www.compass.state.pa.us

***Choice of milk:**
low-fat white, chocolate and nonfat strawberry & vanilla when available
Fresh, Crunchy veggies available everyday along with menued veggie

***Universal Free* Breakfast Menu:**
Assorted Gluten-Free options available daily
Choice of fruit, 100% juice & milk
#FuelUpRockets