West Middle School

* **Chips, pretzels (heartzels) and popcorn**
	+ **Sunchips (French onion, harvest cheddar, garden salsa, multigrain original)**
	+ **Lays (baked BBQ, crips, regular baked, sour cream and onion)**
	+ **Cheetos – flaming hot fantastix**
	+ **Ruffles – baked cheddar sour cream**
	+ **Tostitos scopps**
	+ **Doritos (cool ranch, RF spicy sweet chili, RF nacho cheese)**
	+ **Vic’s – white cheddar popcorn**
* **Nutria grain bars (apple, blueberry, strawberry**
* **Mini donuts (vanilla and chocolate)**
* **Cinnamon buns**
* **Chocolate chip cookies**
* **Cereal bars**
* **Nature valley granola bars (chocolate chunk, peanut butter, oats and honey)**
* **Pop-tarts (strawberry, fudge and cinnamon)**
* **Fruit yogurt**
* **Cheese sticks**
* **Fresh fruit**
* **Rice krispy treats**
* **Assorted ice cream (vanilla cups, chocolate cups, vanilla yogurt cups)**
* **Pus ups (fudge, cotton candy, orange)**
* **Cookie’s ‘n cream cones**
* **Chocolate eclairs and strawberry shortcake bars**

**Cornwall Terrace**

* Tostito scoops
* White cheddar popcorn (smartfood)
* Heartzels pretzels
* Graham snacks honey (despicable me 3)
* Rice krispies reats (mini, 0.42 oz)
* Ice cream (every Friday)
* String cheese

Southern Middle School

* Rice krispie treats chocolate chip (1.59 oz)
* Rice krispie treats original (1.59 oz)
* Rice krispie treats mini (0.42 oz)
* Nature valley granola bars (chocolate chip and oats and honey)
* Pop tarts, single
* Ice cream (every Friday)
* Chocolate chip cookies (baking in the kitchen for SMS, UH, LH and West Middle)
* String cheese

Lower House

* Sunchips (original, harvest cheddar)
* Doritos (cool ranch, spicy sweet chili, RF Nacho)
* Bagged Chips (BBQ, baked original, sour cream and cheddar)
* Pringles (original, sour cream)
* Cookies (homemade chocolate chip)
* Cookies (graham cracker, Scooby snacks, bug bits)
* Mini donuts (chocolate covered, powdered sugar)
* Rice krispies (plain and chocolate)
* Ritz bits (peanut butter and cheese)
* Beef jerky (original and teriyaki)
* WG pop tarts (strawberry, brown sugar, fudge)
* Nutria-grain bars (blueberry, strawberry, apple cinnamon)
* WG cinnamon buns
* Chewy chocolate chip granola bars
* Cereal bars (trix, cinnamon toast crunch, cocoa puffs)
* Yogurt parfaits (strawberry yogurt, vanilla yogurt, bananas, peaches, strawberries)
* Propel (strawberry kiwi, grape, lemon, orange, mixed berry)
* G2 Gatorade (grape, lemon lime, mixed berry, orange, glacier freeze, fruit punch)
* Epic (lemon lime, strawberry melon, black cherry)
* Water
* Juicy juice (apple and fruit punch
* WG soft pretzels 2.5 oz

Spring Ridge

* 8 oz water
* Capri sun
* Rice krispie treats
* Cheddar popcorn
* Pretzels
* Despicable me graham crackers
* Tostito chips
* Cheese sticks
* Ice cream (every Friday)

Directions to call in orders:

Whitfield Kitchen provides service to: Spring Ridge

 610-670-0180 x 4711

Southern Kitchen provides service to: Shiloh Hills

 610-670-0180 x 3785

West Middle School provides service to: Green Valley

 610-670-0180 x 3952

**Note: Orders must be called in to THE RESPECTIVE KITCHEN before 2pm the afternoon before service is requested due to shipping schedules.**

**SANDWICHES / SOUP**

1. Tuna salad(#10) on whole grain white w/lettuce & tomato $3.05
2. Ham and cheese on whole grain white w/ lettuce & tomato $3.05
3. Turkey and cheese on whole grain white w/ lettuce & tomato $3.05
4. Bowl of Soup du jour and roll $2.85
5. Bowl of Soup/ crackers and a Sandwich (#1,2,or3) $5.05
6. Bowl of Soup/crackers and a Salad Combo (#1-5) $5.05

Soups

* Cream of broccoli
* Cream of potato
* Cream of corn chowder
* New England Clam Chowder
* Chicken ‘n Dumplings
* Roasted Chicken Noodle
* Chicken Tortilla
* Chili with Bean
* Tomato Ravioli
* Italian Wedding

Mary Dziamba

* Capri sun 100% fruit punch (6 oz)
* Capri sun 100% apple (6oz)
* Smartfood white cheddar (.5 oz)
* Rold gold heartzels (0.7 oz)
* Baked tostitos scoops 50% less fat (7/8 oz)
* Land O’ Lakes o-Jack Cheese (1 oz)
* Rice Krispie Treats (0.42 oz)
* Spring water (8oz)