SPRINGS CHARTER SCHOOLS Vista STUDENT CENTER

May 2021

5 Day Mealtime Pack K-8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 3, 2021	**May 4, 2021**	**May 5, 2021**	**May 6, 2021**	**May 7, 2021**
BREAKFAST Trix ^, Graham Crackers ^, Mixed Fruit Cup, Grape Juice, Milk **LUNCH** Breaded Chicken Nuggets ^, Marinara Dipping Sauce, Corn, Applesauce, Milk	**BREAKFAST** Chicken Biscuit ^, Blended Fruit Juice, Applesauce, Honey, Milk **LUNCH** Turkey Taco Meat, Flour Tortillas ^, Fiesta Beans, Sun SPlash Vegetable Juice, Mixed Fruit Cup, Milk	**BREAKFAST** Cinnamon Toast Crunch ^, Strawberry Breakfast Bar ^, Diced Pears, Orange Juice, Milk **LUNCH** Macaroni & Cheese ^, Broccoli, Peach Cup, Milk	**BREAKFAST** Pancakes ^, Syrup, Peach Cup, Apple Cran Juice, Milk **LUNCH** Egg & Cheese Bagel ^, Potato Wedges, Apple Cran Juice, Milk	**BREAKFAST** Blueberry Mini Muffin ^, Frosted Flakes ^, Mixed Fruit Cup, Blended Fruit Juice, Milk **LUNCH** Cheese Pizza ^, Green Beans, Pear Cup, Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
May 10, 2021	**May 11, 2021**	**May 12, 2021**	**May 13, 2021**	**May 14, 2021**
BREAKFAST Chicken Biscuit ^, Diced Peaches, Blended Fruit Juice, Milk **LUNCH** Pizza Dippers ^, Marinara Dipping Sauce, Broccoli, Mixed Fruit Cup, Milk	**BREAKFAST** Cheerios ^, Vanilla Breakfast Square ^, Pear Cup, Grape Juice, Milk **LUNCH** Breaded Chicken Tenders ^, Country Blend Vegetables, Applesauce Cup, BBQ Sauce, Milk	**BREAKFAST** Pancakes ^, Applesauce, Orange Juice, Syrup, Milk **LUNCH** BBQ Chicken, Hamburger Bun ^, Baked Beans, Pear Cup, Milk	**BREAKFAST** Trix ^, Graham Crackers ^, Mixed Fruit Cup, Apple Cran Juice, Milk **LUNCH** Hot Dog, Hot Dog Bun ^, Potato Wedges, Pear Cup, Mustard, Ketchup, Milk	**BREAKFAST** Cinnamon Bun ^, Pineapple Cup, Grape Juice, Milk **LUNCH** Beef & Bean Chili, Cornbread ^, Corn, Peach Cup, Milk
MONDAY	**TUESDAY**	**WEDNESDAY**		**FRIDAY**
May 17, 2021	**May 18, 2021**	**May 19, 2021**	**May 20, 2021**	**May 21, 2021**
BREAKFAST Apple Cinnamon Cheerios ^, Vanilla Breakfast Square ^, Craisins, Orange Juice, Milk **LUNCH** 4-Cheese Panini ^, Baked Beans, Sun Splash 100% Vegetable Juice, Applesauce, Milk	**BREAKFAST** French Toast Sticks ^, Pineapple Tidbits, Grape Juice, Syrup, Milk **LUNCH** Hamburger, Hamburger Bun ^, Potato Rounds, Peach Cup, Mustard, Ketchup, Milk	**BREAKFAST** Double Chocolate Mini Muffin ^, Trix ^, Pear Cup, Apple Cran Juice, Milk **LUNCH** Cheesy Penne Bake ^, Breadstick ^, Broccoli, Mixed Fruit Cup, Milk	**BREAKFAST** Egg & Cheese on English Muffin ^, Peach Cup, Blended Fruit Juice, Milk **LUNCH** Mini Corn Dogs ^, Mixed Vegetables, Pear Cup, Mustard, Ketchup, Milk	**BREAKFAST** Frosted Flakes ^, Animal Crackers ^, Mixed Fruit Cup, Grape Juice, Milk **LUNCH** BBQ Chicken, Hamburger Bun ^, Green Beans, Orange Juice, Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
May 24, 2021	**May 25, 2021**	**May 26, 2021**	**May 27, 2021**	**May 28, 2021**
BREAKFAST Rice Krispies ^, Vanilla Breakfast Square ^, Diced Peaches, Blended Fruit Juice, Milk **LUNCH** Hamburger, Hamburger Bun ^, Potato Rounds, Peach Cup, Mustard, Ketchup, Milk	**BREAKFAST** Cinnamon Flakes ^, Graham Crackers ^, Pear Cup, Grape Juice, Milk **LUNCH** Meatballs in Tomato Sauce, Hot Dog Bun ^, Baked Beans, Mixed Fruit Cup, Milk	**BREAKFAST** Beef Sausage Slider ^, Applesauce, Orange Juice, Jelly, Milk **LUNCH** Breaded Chicken Patty ^, Hamburger Bun ^, Broccoli, Pineapple Cup, BBQ Sauce, Milk	**BREAKFAST** Frosted Mini Wheats ^, Maple Breakfast Square ^, Mixed Fruit Cup, Apple-Cran Juice, Milk **LUNCH** Mini Corn Dogs ^, Mixed Vegetables, Peach Cup, Mustard, Ketchup, Milk	**BREAKFAST** Cinnamon Toast Crunch ^, Strawberry Bar ^, Pineapple Cup, Grape Juice, Milk **LUNCH** Cheese Pizza ^, Green Beans, Applesauce Cup, Milk

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% OR FAT FREE WHITE MILK

*** MENU IS SUBJECT TO CHANGE ***

^ Denotes item is whole-grain/whole wheat

**** This institution is an equal opportunity provider ****

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all program and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.nscr.usda.gov/complaint filing cust.html, or at any USDA office, or call (866)632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington D.C. 20250- 9410, by fax (202)690-7442 or email program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339 or (800)845-6136 (Spanish). USDA is an equal opportunity provider and employer.