SPRINGS CHARTER SCHOOLS Vista STUDENT CENTER

May 2021

9-12 Breakfast & Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 3, 2021	May 4, 2021	May 5, 2021	May 6, 2021	May 7, 2021
SPRINGS CHARTER SCHOOLS KEYS College & Career Prep		**BREAKFAST** Vanilla Yogurt, Cinnamon Oat Granola ^, Strawberry-Kiwi Juice, Fresh Tangerine, Milk **LUNCH** Turkey & American Cheese on Wheat ^ Dragon Punch Baby Carrots w/Ranch Dressing Fresh Apple Mustard Milk		
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
May 10, 2021	May 11, 2021	May 12, 2021	May 13, 2021	May 14, 2021
		BREAKFAST Cinnamon Toast Crunch Pastry ^, Dried Cranberries, Grape Juice, Milk **LUNCH** Mini Sub Sandwich Romaine Lettuce Lo Cal Italian Dressing Sun Splash 100% Vegetable Juice Dried Cranberries, Fresh Pear Milk		
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
May 17, 2021	May 18, 2021	May 19, 2021	May 20, 2021	May 21, 2021
		BREAKFAST Wheat Bagel ^ Cream Cheese, Fresh Tangerine, Blended Fruit Juice, Milk **LUNCH** Strawberry Yogurt Cinnamon Oat Granola ^ Honey Roasted Sunflower Seeds Mixed Berry Animal Crackers ^ Dragon Punch Baby Carrots w/Lo Cal Ranch Dressing Applesauce Cup, Fresh Tangerine Milk		
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
May 24, 2021	May 25, 2021	May 26, 2021	May 27, 2021	May 28, 2021
		BREAKFAST Cherry Frudel ^ Orange-Tangerine Juice, Fresh Pear, Milk **LUNCH** Turkey & American Cheese on Wheat ^ Dragon Punch Baby Carrots w/Lo Cal Ranch Dressing Fresh Apple Mustard 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.