SPRINGS CHARTER SCHOOLS
BEAR RIVER STUDENT CENTER

August 2021

K-8 Breakfast & Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 2, 2021	August 3, 2021	August 4, 2021	August 5, 2021	August 6, 2021
				
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
August 9, 2021	August 10, 2021	August 11, 2021	August 12, 2021	August 13, 2021
				
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
August 16, 2021	August 17, 2021	August 18, 2021	August 19, 2021	August 20, 2021
		**BREAKFAST** TRIX ^, Maple Breakfast Square ^, Fresh Apple, Milk **LUNCH** BBQ CHICKEN TATER TOT-CHOS w/Tortilla Rounds ^, Fresh Banana, Milk **Vegetarian Option** CHEESE PAPUSA ^ w/Golden Potato Rounds, Fresh Banana, Hot Sauce, Ketchup, Milk	**BREAKFAST** CINNAMON BUN ^, Fresh Banana, Fruit Punch Juice, Milk **LUNCH** TACO JOE, Hamburger Bun ^, Baked Beans, Fresh Plum, Milk **Vegetarian Option** BEAN & CHEESE EMPANADA ^, Baby Carrots w/Ranch Dressing, Baked Beans, Fresh Plum, Milk	**BREAKFAST** CHERRY BREAKFAST BAR ^, String Cheese, Fresh Apple, Milk **LUNCH** PANCAKES & SAUSAGE^ w/Syrup, Dragon Punch Veggie Juice, Diced Peaches, Milk **Vegetarian Option** EGG & CHEESE BAGEL ^, Dragon Punch Veggie Juice, Diced Peaches, Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
August 23, 2021	August 24, 2021	August 25, 2021	August 26, 2021	August 27, 2021
BREAKFAST CINNAMON TOAST CRUNCH ^, Vanilla Waffle Square ^, Dried Cranberries, Grape Juice, Milk **LUNCH** BEAN & CHEESE BURRITO ^ w/Salsa Cup, Corn, Pineapple Tidbits, Milk	**BREAKFAST** PLAIN BAGEL ^, Cream Cheese, Diced Pears, Orange-Tangerine Juice, Milk **LUNCH** 4-CHEESE PANINI ^, Country Blend Vegetables, Mixed Fruit Cup, Milk	**BREAKFAST** DOUBLE CHOCOLATE MINI MUFFIN ^, String Cheese, Fresh Apple, Milk **LUNCH** NASHVILLE HOT POPCORN CHICKEN ^ w/Slice of Bread ^, Pickle Chips, French Fries w/Ketchup, Orange-Tangerine Juice, Milk **Vegetarian Option** CHIK'N (Vegetarian Breaded) NUGGETS ^ w/BBQ Sauce Cornbread, Pickle Chips, French Fries w/Ketchup, Orange-Tangerine Juice, Milk	**BREAKFAST** VANILLA YOGURT, Granola ^, Apple Juice, Milk **LUNCH** CHICKEN & GREEN CHILI TAMALE ^ w/Hot Sauce, Baked Beans, Fresh Celery Sticks w/Ranch, Fresh Apple Slices, Milk **Vegetarian Option** MAC & CHEESE ^, Baked Beans, Fresh Celery Sticks w/Ranch, Fresh Apple Slices, Milk	**BREAKFAST** FRUITY CHEERIOS ^, Strawberry Pancake Square ^, Fresh Apple, Milk **LUNCH** CHEESY MEATBALL MAC ^, Fresh Broccoli Florets, Fresh Baby Carrots w/Ranch, Fresh Banana, Milk **Vegetarian Option** CHEESY BAKED PENNE^, Fresh Broccoli Florets Fresh Baby Carrots w/Ranch, Fresh Banana, Milk
MONDAY	**TUESDAY**			
August 30, 2021	August 31, 2021			
BREAKFAST FROSTED CORN FLAKES ^, Apple Breakfast Bar ^, Dried Cranberries, Orange-Tangerine Juice, Milk **LUNCH** MINI CHEESE RAVIOLI ^ w/Sauce, Breadstick ^, Green Beans, Diced Pears, Milk **Vegetarian Option** BEAN & CHEESE PAPUSA ^ w/Salsa Cup, Green Beans, Diced Pears, Milk	**BREAKFAST** STRAWBERRY YOGURT, Granola ^, Pineapple Tidbits, Grape Juice, Milk **LUNCH** HOMESTYLE SALISBURY STEAK w/Gravy, Mashed Potatoes, Sun Splash Veggie Juice, Diced Peaches, Milk. **Vegetarian Option** BBQ (VEGETARIAN) CHICKEN STRIPS w/Carrots, Hamburger Bun ^, Sun Splash Veggie Juice, Diced Peaches, Milk			

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS 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 ****

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