SPRINGS CHARTER SCHOOLS
BEAR RIVER STUDENT CENTER

December 2021

K-8 Breakfast & Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		December 1, 2021	December 2, 2021	December 3, 2021
 		**BREAKFAST** TRIX ^, Maple Breakfast Square ^, Fresh Apple, Milk **LUNCH** TURKEY BOLOGNA SANDWICH^, Fresh Chopped Romaine, Fresh Cauliflower Florets, Diced Peaches, Mustard, French Dressing, Milk	**BREAKFAST** EGG & CHEESE ON ENGLISH MUFFIN^, Fresh Banana, Fruit Punch Juice, Grape Jelly, Milk **LUNCH** CHEESEBURGER ^, Baked Beans, Sun Splash Veggie Juice, Fresh Apple Slices, Mustard, Ketchup, Milk **Vegetarian Option** MINI CHEESE RAVIOLI W/SAUCE ^, Sun Splash Veggie Juice, Fresh Apple Slices, Mustard, Ketchup, Milk	**BREAKFAST** CHERRY BREAKFAST BAR ^, String Cheese, Fresh Apple, Milk **LUNCH** TURKEY & CHEESE SANDWICH ^, Country Blend Vegetables, Fresh Banana, Light Mayonnaise, Milk **Vegetarian Option** BEAN & CHEESE BURRITO ^, Country Blend Vegetables, Fresh Banana, Taco Sauce, Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
December 6, 2021	**December 7, 2021**	**December 8, 2021**	**December 9, 2021**	**December 10, 2021**
BREAKFAST FROSTED CORN FLAKES ^, Cherry Breakfast Bar ^, Dried Cranberries, Orange Juice, Milk **LUNCH** PIZZA DIPPERS ^ Marinara Dipping Sauce SunSet Sip Juice Applesauce Milk	**BREAKFAST** TURKEY HAM & CHEESE ON ENGLISH MUFFIN^, Diced Peaches, Grape Juice, Grape Jelly, Milk **LUNCH** PENNE PASTA W/MEAT SAUCE ^, Breadstick ^, Broccoli, Diced Pears, Milk **Vegetarian Option** MINI CHEESE RAVIOLI W/SAUCE ^	**BREAKFAST** RICE CHEX ^, Honey Graham Crackers ^, Fresh Apple, Milk **LUNCH** TURKEY & CHEESE SANDWICH ^, Hummus Cup, Baby Carrots, Orange-Tangerine Juice, Mustard, Milk	**BREAKFAST** PILLSBURY GRAPE CRESCENT^, Fresh Banana, Fruit Punch Juice, Milk **LUNCH** HOT DOG W/POTATO ROUNDS ^, Baked Beans, Fruit Punch Juice, Mustard, Ketchup, Milk **Vegetarian Option** GRILLED CHEESE PANINI ^, French Fries, Baked Beans, Fruit Punch Juice, Ketchup, Milk	**BREAKFAST** BLUEBERRY MINI MUFFIN ^, String Cheese, Fresh Apple, Milk **LUNCH** GENERAL TSO'S CHICKEN & NOODLES ^, Mixed Vegetables, Diced Peaches, Milk **Vegetarian Option** BEAN & CHEESE EMPANADA ^
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
December 13, 2021	**December 14, 2021**	**December 15, 2021**	**December 16, 2021**	**December 17, 2021**
BREAKFAST FRUITY CHEERIOS ^, Maple Breakfast Bar ^, Dried Cranberries, Fruit Punch Juice, Milk **LUNCH** MAC & CHEESE ^ Country Blend Vegetables Diced Pears Milk	**BREAKFAST** WAFFLES^, Diced Pears, Apple Juice, Syrup, Milk **LUNCH** CRISPY CHICKEN SANDWICH ^, Broccoli, Diced Peaches, BBQ Sauce, Milk **Vegetarian Option** MINI CHEESE RAVIOLI W/SAUCE^ with Breadstick ^	**BREAKFAST** BANANA MINI MUFFIN ^, String Cheese, Fresh Apple, Milk **LUNCH** TURKEY BOLOGNA SANDWICH ^, Fresh Chopped Romaine, Fresh Cauliflower Florets, Diced Peaches, Mustard, French Dressing, Milk	**BREAKFAST** CHICKEN BISCUIT^, Fresh Banana, Grape Juice, Honey, Milk **LUNCH** CHEESY TACO MEAT, Tortilla Rounds ^, Salsa Cup, Corn, Fresh Apple Slices, Milk **Vegetarian Option** BEAN & CHEESE BURRITO ^	**BREAKFAST** FROSTED CORN FLAKES ^, Vanilla Waffle Square ^, Fresh Apple, Milk **LUNCH** CHARBROILED HAMBURGER ^, Baked Beans, SunSet Sip Juice, Fresh Banana, Mustard, Ketchup, Milk **Vegetarian Option** GRILLED CHEESE PANINI ^
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
December 20, 2021	**December 21, 2021**	**December 22, 2021**	**December 23, 2021**	**December 24, 2021**
WINTER BREAK	**WINTER BREAK**	**WINTER BREAK**	**WINTER BREAK**	**WINTER BREAK**
MONDAY	**TUESDAY**			
December 27, 2021	**December 28, 2021**	**December 29, 2021**	**December 30, 2021**	**December 31, 2021**
WINTER BREAK	**WINTER BREAK**	**WINTER BREAK**	**WINTER BREAK**	**WINTER BREAK**

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS and CHOICE OF 1% OR FAT FREE WHITE MILK
^ Denotes item is whole-grain/whole wheat
****** This institution is an equal opportunity provider ******