SPRINGS CHARTER SCHOOLS Vista STUDENT CENTER

April 2022

K-8 Breakfast & Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				April 1, 2022
				BREAKFAST FRUITY CHEERIOS^, Maple Breakfast Square^, Orange-Tangerine Juice, Dried Cranberries, Milk **LUNCH** CHEESY BAKED PENNE^, Breadstick^, Country Blend Vegetables, Fresh Banana, Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
April 4, 2022	April 5, 2022	April 6, 2022	April 7, 2022	April 8, 2022
BREAKFAST TRIX CEREAL^, Graham Crackers^, Strawberry-Kiwi Juice, Dried Cranberries, Milk **LUNCH** TURKEY & CHEESE SANDWICH^, Fresh Baby Carrots, Ranch Dressing, Sun Splash Veggie Juice, Strawberry Applesauce, Mustard, Milk **Vegetarian Option** Available Upon Request	**BREAKFAST** RICE CHEX^, Vanilla Waffle Breakfast Square^, Grape Juice, Dried Cranberries, Milk **LUNCH** CHEESE PIZZA^, Country Vegetables, Strawberry Applesauce, Milk	**BREAKFAST** CINNAMON TOAST CRUNCH^, Graham Crackers^, Strawberry-Kiwi Juice, Dried Cranberries, Milk **LUNCH** CHARBROILED HAMBURGER^, Broccoli, Fresh Baby Carrots, Ranch Dressing, Fresh Pear, Mustard, Ketchup, Milk	**BREAKFAST** COCOA PUFFS^, Strawberry Breakfast Square^, Blended Fruit Juice, Peach Cup, Milk **LUNCH** CORN DOG ON A STICK^, Fiesta Beans, Fresh Baby Carrots, Ranch Dressing, Sliced Apples, Mustard, Ketchup, Milk **Vegetarian Option** GRILLED CHEESE PANINI^	**BREAKFAST** FRUITY CHEERIOS^, Maple Breakfast Square^, Orange-Tangerine Juice, Dried Cranberries, Milk **LUNCH** SLOPPY JOE^, Green Beans, Orange-Tangerine Juice, Milk **Vegetarian Option** MINI CHEESE RAVIOLI WITH SAUCE^, Breadstick^
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
April 11, 2022	April 12, 2022	April 13, 2022	April 14, 2022	April 15, 2022
BREAKFAST TRIX CEREAL^, Graham Crackers^, Strawberry-Kiwi Juice, Dried Cranberries, Milk **LUNCH** STRAWBERRY YOGURT, String Cheese, Dragon Punch, Fresh Orange, Cornbread^, Milk	**BREAKFAST** RICE CHEX^, Vanilla Waffle Breakfast Square^, Grape Juice, Dried Cranberries, Milk **LUNCH** GRILLED BBQ CHICKEN SANDWICH^, Baked Beans, Fresh Baby Carrots, Ranch Dressing, Orange-Tangerine Juice, Milk **Vegetarian Option** VEGETARIAN NUGGETS^	**BREAKFAST** CINNAMON TOAST CRUNCH^, Graham Crackers^, Strawberry-Kiwi Juice, Dried Cranberries, Milk **LUNCH** CRISPY CHICKEN SANDWICH^, Broccoli, Diced Peaches, BBQ Sauce, Milk **Vegetarian Option** VEGETARIAN BURGER^	**BREAKFAST** COCOA PUFFS^, Strawberry Breakfast Square^, Blended Fruit Juice, Peach Cup, Milk **LUNCH** HOT DOG^ W/POTATO ROUNDS, Sun Splash Veggie Juice, Diced Pears, Mustard, Ketchup, Milk **Vegetarian Option** GRILLED CHEESE PANINI^	**NON-STUDENT DAY**
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
April 18, 2022	April 19, 2022	April 20, 2022	April 21, 2022	April 22, 2022
BREAKFAST TRIX CEREAL^, Graham Crackers^, Strawberry-Kiwi Juice, Dried Cranberries, Milk **LUNCH** TURKEY & CHEESE SANDWICH^, Fresh Baby Carrots, Ranch Dressing, Sun Splash Veggie Juice, Strawberry Applesauce, Mustard, Milk **Vegetarian Option** Available Upon Request	**BREAKFAST** RICE CHEX^, Vanilla Waffle Breakfast Square^, Grape Juice, Dried Cranberries, Milk **LUNCH** TERIYAKI CHICKEN SANDWICH^, French Fries, Diced Peaches, Ketchup, Milk **Vegetarian Option** VEGETARIAN BURGER^	**BREAKFAST** CINNAMON TOAST CRUNCH^, Graham Crackers^, Strawberry-Kiwi Juice, Dried Cranberries, Milk **LUNCH** CRISPY CHICKEN SANDWICH^, Mixed Vegetables, Orange-Tangerine Juice, BBQ Sauce, Milk **Vegetarian Option** VEGETARIAN NUGGETS^	**BREAKFAST** COCOA PUFFS^, Strawberry Breakfast Square^, Blended Fruit Juice, Peach Cup, Milk **LUNCH** *GLOBAL BITES* DUTCH WAFFLE^ W/SAUSAGE, Dragon Punch, Diced Pears, Syrup, Milk **Vegetarian Option** PANCAKES^ & String Cheese	**BREAKFAST** FRUITY CHEERIOS^, Maple Breakfast Square^, Orange-Tangerine Juice, Dried Cranberries, Milk **LUNCH** BEAN & CHEESE BURRITO^, Salsa Cup, Broccoli, Fresh Banana, Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
April 25, 2022	April 26, 2022	April 27, 2022	April 28, 2022	April 29, 2022
BREAKFAST TRIX CEREAL^, Graham Crackers^, Strawberry-Kiwi Juice, Dried Cranberries, Milk **LUNCH** STRAWBERRY YOGURT, String Cheese, Dragon Punch, Fresh Orange, Cornbread^, Milk	**BREAKFAST** RICE CHEX^, Vanilla Waffle Breakfast Square^, Grape Juice, Dried Cranberries, Milk **LUNCH** CHEESEBURGER^, Broccoli, Orange-Tangerine Juice, Mustard, Ketchup, Milk **Vegetarian Option** VEGETARIAN BURGER^	**BREAKFAST** CINNAMON TOAST CRUNCH^, Graham Crackers^, Strawberry-Kiwi Juice, Dried Cranberries, Milk **LUNCH** PANCAKES & SAUSAGE^, Seasoned Diced Potatoes, Sun Splash Veggie Juice, Diced Pears, Syrup, Milk **Vegetarian Option** PANCAKES^ & String Cheese	**BREAKFAST** COCOA PUFFS^, Strawberry Breakfast Square^, Blended Fruit Juice, Peach Cup, Milk **LUNCH** HOT DOG^, Baked Beans, Fresh Baby Carrots, Ranch Dressing, Fresh Apple, Mustard, Ketchup, Milk **Vegetarian Option** GRILLED CHEESE PANINI^	**BREAKFAST** FRUITY CHEERIOS^, Maple Breakfast Square^, Orange-Tangerine Juice, Dried Cranberries, Milk **LUNCH** MEATBALL SUB^, Corn, Diced Peaches, Milk **Vegetarian Option** VEGETARIAN CHILI WITH BEANS, Fritos^

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 ****