SPRINGS CHARTER SCHOOLS
BEAR RIVER STUDENT CENTER

April 2022

K-8 Breakfast & Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				April 1, 2022
				BREAKFAST GOLDEN GRAHAM CEREAL^, Vanilla Waffle Square^, Fresh Apple, Milk **LUNCH** CHEESE PIZZA^, Country Blend Vegetables, Fresh Banana, Milk **Vegetarian Option** CHEESY PENNE BAKE^, Breadstick^
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
April 4, 2022	**April 5, 2022**	**April 6, 2022**	**April 7, 2022**	**April 8, 2022**
BREAKFAST COCOA PUFFS^, Strawberry Pancake Square^, Craisins, Apple Juice, Milk **LUNCH** CRUNCHY CHICKEN TENDERS^, Breadstick^, Country Blend Vegetables, Diced Peaches, BBQ Sauce, Milk **Vegetarian Option** CHEESE PIZZA^	**BREAKFAST** APPLE FRUDEL^, Diced Peaches, Apple Juice, Milk **LUNCH** SALISBURY STEAK W/GRAVY & MASHED POTATOES, Hamburger Bun^, Sun Splash Veggie Juice, Strawberry Applesauce, Milk **Vegetarian Option** VEGETARIAN BURGER^, Potato Wedges, Ketchup	**BREAKFAST** BLUEBERRY MINI MUFFIN^, String Cheese, Fresh Apple, Milk **LUNCH** TURKEY BOLOGNA SANDWICH^, Fresh Chopped Romaine, Fresh Cauliflower Florets, French Dressing, Diced Peaches, Mustard, Milk	**BREAKFAST** BREAKFAST PIZZA BAGEL^, Fresh Banana, Orange-Tangerine Juice, Milk **LUNCH** CORN DOG ON A STICK^, Fiesta Beans, Fresh Baby Carrots, Ranch Dressing, Sliced Apples, Mustard, Ketchup, Milk **Vegetarian Option** CHIK'N NUGGETS, Cornbread^, BBQ Sauce	**BREAKFAST** STRAWBERRY YOGURT, Granola^, Fresh Apple, Milk **LUNCH** SLOPPY JOE, Hamburger Bun^, 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 APPLE CINNAMON CHEERIOS^, Graham Crackers^, Craisins, Orange-Tangerine Juice, Milk **LUNCH** CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE^, Breadstick^, Corn, Strawberry Applesauce, Milk **Vegetarian Option** CHEESY PENNE BAKE^	**BREAKFAST** BEEF SAUSAGE SLIDER^, Diced Pears, Apple Juice, Milk **LUNCH** GRILLED BBQ CHICKEN, Hamburger Bun^, Baked Beans, Fresh Baby Carrots, Ranch Dressing, Orange-Tangerine Juice, Milk **Vegetarian Option** VEGETARIAN BURGER^, Mustard, Ketchup	**BREAKFAST** TRIX^, Maple Breakfast Square^, Fresh Apple, Milk **LUNCH** TURKEY & CHEESE SANDWICH^, Hummus Cup, Fresh Baby Carrots, Orange-Tangerine Juice, Mustard, Milk	**BREAKFAST** MAPLE PANCAKES^, Fresh Banana, Fruit Punch Juice, Milk **LUNCH** HOT DOG W/POTATO ROUNDS, Hot Dog Bun^, Sun Splash Veggie Juice, Diced Pears, Mustard, Ketchup, Milk **Vegetarian Option** PIZZA DIPPERS^, Marinara Dipping Sauce	**NON-STUDENT DAY**
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
April 18, 2022	**April 19, 2022**	**April 20, 2022**	**April 21, 2022**	**April 22, 2022**
BREAKFAST CINNAMON TOAST CRUNCH^, Vanilla Waffle Square^, Craisins, Grape Juice, Milk **LUNCH** POPCORN CHICKEN^, Baked Beans, Sun Splash Veggie Juice, Strawberry Applesauce, BBQ Sauce, Milk **Vegetarian Option** GRILLED CHEESE PANINI^	**BREAKFAST** CINNAMON TOAST CRUNCH FILLED BAR^, Diced Pears, Orange-Tangerine Juice, Milk **LUNCH** TERIYAKI CHICKEN PATTY, Hamburger Bun^, French Fries, Diced Peaches, Ketchup, Milk **Vegetarian Option** VEGETARIAN BURGER^, Mustard	**BREAKFAST** DOUBLE CHOCOLATE MINI MUFFIN^, String Cheese, Fresh Apple, Milk **LUNCH** TURKEY BOLOGNA SANDWICH^, Fresh Chopped Romaine, Fresh Cauliflower Florets, French Dressing, Diced Peaches, Mustard, Milk	**BREAKFAST** EGG & CHEESE ON ENGLISH MUFFIN^, Fresh Banana, Fruit Punch Juice, Milk **LUNCH** *GLOBAL BITES* DUTCH WAFFLE^ W/SAUSAGE, Tropical Veggie Juice, Diced Pears, Syrup, Milk **Vegetarian Option** CHIK'N NUGGETS, Breadstick^, BBQ Sauce	**BREAKFAST** PLAIN BAGEL^, Cream Cheese, Applesauce, Grape Juice, Milk **LUNCH** BEAN & CHEESE BURRITO^, Salsa Cup, Broccoli, Fresh Banana, Milk **Vegetarian Option** PIZZA DIPPERS^, Marinara Dipping Sauce
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
April 25, 2022	**April 26, 2022**	**April 27, 2022**	**April 28, 2022**	**April 29, 2022**
BREAKFAST FROSTED CORN FLAKES^, Cherry Breakfast Bar^, Craisins Orange-Tangerine Juice, Milk **LUNCH** TURKEY & CHEESE ON A BUN^, Country Blend Vegetables, Strawberry Applesauce, Mustard, Milk **Vegetarian Option** CHEESE PIZZA^	**BREAKFAST** CHICKEN BISCUIT^, Diced Peaches, Grape Juice, Milk **LUNCH** CHEESEBURGER, Hamburger Bun^, Broccoli, Orange-Tangerine Juice, Mustard, Ketchup, Milk **Vegetarian Option** MAC & CHEESE^, Breadstick^	**BREAKFAST** RICE CHEX^, Graham Crackers^, Fresh Apple, Milk **LUNCH** TURKEY & CHEESE SANDWICH^, Hummus Cup, Fresh Baby Carrots, Orange-Tangerine Juice, Mustard, Milk	**BREAKFAST** STRAWBERRY PANCAKES^, Fresh Banana, Fruit Punch Juice, Milk **LUNCH** HOT DOG, Hot Dog Bun^, Baked Beans, Fresh Baby Carrots, Ranch Dressing, Fresh Apple, Mustard, Ketchup, Milk **Vegetarian Option** CHIK'N NUGGETS Breadstick^, BBQ Sauce	**BREAKFAST** BLUEBERRY MINI MUFFIN^, String Cheese, Fresh Apple, Milk **LUNCH** MEATBALL SUB, Hot Dog Bun^, 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 ******