

# River Springs

# January 2019

# 9 - 12

<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Cocoa Puffs, Graham Crackers ^ Cherry Craisins, Apple Juice	Banana Muffin ^, Mozzarella String Cheese Diced Pears, Blended Fruit Juice	Cinnamon Chex, Maple Breakfast Square Fresh Apple	Rice Chex, Strawberry Breakfast Square Fresh Banana, Orange Tangerine Juice	Mozzerella String Cheese Peach Loaf, Fresh APple
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Southwest Black Bean + Cheese Burrito # Chicken Teriyaki Fried Rice Salsa, Mixed Vegetables, Broccoli, Fresh Orange Applesauce cup, IW Vanilla Cookie ^	Veggie Nuggets # Chicken Nuggets + Potato Rounds Bread Stick ^ French Toast Sticks+ Sausage ^ Sunset Veg Blend Fresh Apple IW Cherry Cookie ^	Veggie Burger#, Turkey Burger, Hotdog + Chilli Maple Baked Means, Caroteenies + Hummus Mixed Fruit Cup, Blended Fruit Juice Pretzels ^	Nacho Chili Combo w/ Tortilla Chips # Crispy Chicken Drumstick, Sweet Maple Carrots Jalapeno Coins, Corn Sliced Apple, Grape Juice	Popcorn Chicken, Mini Cheese Ravioli # Pepperoni Flatbread, Carroteenies, Vanilla Cookie Fresh Spinach, Cucumber Coins, Croutons Pineapple Tidbits, Orange Tangerine Juice
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Raspberry Yogurt, Cinnamon Oat Granola Cherry Craisins, Orange Tangerine Juice	Mozzerella String Cheese, Lemon Loaf^ Mixed Fruit Cup, Strawberry Kiwi Juice	Blueberry Crumble ^ Graham Crackers, Fresh Apple	Fruity Cheerios, Animal Graham Crackers Fresh Pear, Blended Fruit Juice	Cinnamon Toast Crunch, Blueberry Muffin Fresh Apple
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Chicken Tamale with Green Chile Sauce Cheese + Green Chile Tamale, Cheese Burger Corn, Caroteenies, Diced Pears Apple Juice	Spaghetti + Meatballs(also available vegetarian) BBQ Chicken Sandwich^ with Carrots Green Beans, Mixed Fruit Cup Orange Tangerine Juice, Breadstick^	Orange Chicken + Broccoli, Cheese Lasagna with Tomato Sauce + Broccoli, Mixed Vegetables Pineapple Tidbits, Fresh Orange IW Vanilla Cookie ^	Taco Tostada, Bean +Cheese Pupusa Diced Carrots, Fiesta Beans Sliced Apple, Grape Juice Sunchips^ Honey Roasted Sunflower Seeds	Chicken Patty Sandwich ^ Turkey Corndog ^ Monterey Veggie Pattie #^ Country Vegetables, Fresh Celery, Fresh Banana, Diced Peaches
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
	Golden Grahams, French Toast Breakfast Square Pineapple Tidbits, Orange Tangerine Juice	Bagel ^ + Cream Cheese Fresh Apple	Vanilla Yogurt, Cinnamon Oat Granola Fresh Orange, Applesauce Cup	Apple Cinnamon Cheerios Graham Crackers, Fresh Apple
<b>Martin Luther King, Jr. Day</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
	Teriyaki Chicken Fried Rice Pizza Dippers + Marinara Peas, Fresh Orange, Appe Juice IW Chocolate Cookie	Pepperoni Flatbread, General Tso's Chicken + Noodles, Cheese Flatbread #^ Fresh Broccoli, Sweet Maple Carrots, Fresh Pear Strawberry Kiwi Juice, Cheddar Sunchips	Chicken Drumstick + Cornmuffin Salsibury Steak + Roll ^ Veggie Nuggets French Fries, Green beans, Fresh Apple	French Toast + Sausage or Eggs# ^ Chicken Alfredo Pasta Mango Veggie Blended Juice, Carroteenies Diced Peaches, Sliced Apple
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Apple Cinnamon Crumble French Toast Breakfast Square, Applesauce Cup	Blueberry Muffin, Mozzarella String Cheese Grape Juice, Diced Pears	Raspberry Yogurt, Cinnamon Oat Granola Fresh Apple	Cherry Loaf, Fresh Orange, Pineapple Tidbits	
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Vegan Chicken Tinga#, SantaFe Chicken + Carrots Corn Muffin, Turkey Burger ^ Corn, Sunset Veggie Blended Juice Fresh Pear, Applesauce Cup	Cheese Pupusa, Popcorn Chicken Honey Roasted Sunflower Seeds, Fiesta Beans, Broccoli Grape Juice, Pineapple Tidbits, Pretzels ^	BBQ Chicken Sandwich^ Southwest Black Bean + Cheese Burrito # Green Beans, Red Pepper Slices Diced Peaches, Orange Tangerine Juice	Cheeseburger^, Veggie Burger^, Chicken Nuggets with Potato Rounds + Breadstick Fresh Cucumber Coins, Jalapenos Fresh Nectarine, Blended Fruit Juice	

LL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*^ Denotes item is whole-grain/whole wheat  
 \*\*\* # Denotes item is vegetarian \*\*\* This institution is an equal opportunity provider.