

River Springs

January 2019

K - 8

Breakfast		Breakfast	1	Breakfast	2	Breakfast	3	Breakfast	4
Lunch		Lunch		Lunch		Lunch		Lunch	
Breakfast	7	Breakfast	8	Breakfast	9	Breakfast	10	Breakfast	11
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	
Lunch		Lunch		Lunch		Lunch		Lunch	
Southwest Black Bean + Cheese Burrito # Chicken Teriyaki Fried Rice Salsa, Mixed Vegetables Applesauce Cup		Chicken Nuggets + Potato Rounds Bread Stick ^ French Toast Sticks+ Sausage ^, Veggie Nuggets Sunset Veg Blend Fresh Apple		Veggie Burger#^ Turkey Burger^ Hotdog^ + Chilli Maple Baked Means Mixed Fruit Cup		Nacho Chili Combo w/ Tortilla Chips # Crispy Chicken Drumstick Jalapeno Coins, Corn Sliced Apple		Popcorn Chicken, Mini Cheese Ravioli # Pepperoni Flatbread Cucumber Coins Orange Tangerine Juice	
Breakfast	14	Breakfast	15	Breakfast	16	Breakfast	17	Breakfast	18
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	
Lunch		Lunch		Lunch		Lunch		Lunch	
Chicken Tamale with Green Chile Sauce Cheese + Green Chile Tamale Carotenes, Diced Pears		Spaghetti + Meatballs(also available vegetarian) BBQ Chicken Sandwich^ with Carrots Green Beans, Mixed Fruit Cup Breadstick ^		Orange Chicken + Broccoli Cheese Lasagna with Tomato Sauce + Broccoli Pineapple Tidbits		Taco Meat with Tortilla Scoops Bean + Cheese Pupusa Sliced Apple, Fiesta Beans		Chicken Patty Sandwich ^ Turkey Corndog ^ Monterey Veggie Pattie #^ Country Vegetables Diced Peaches	
	21	Breakfast	22	Breakfast	23	Breakfast	24	Breakfast	25
		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	
Martin Luther King, Jr. Day		Lunch		Lunch		Lunch		Lunch	
		Teriyaki Chicken Fried Rice Pizza Dippers + Marinara Peas, Apple Juice		General Tso's Chicken + Noodles Cheese Flatbread #^ Sweet Maple Carrots, Fresh Pear		Chicken Drumstick + Cornmuffin Salsibury Steak + Roll ^ Veggie Nuggets French Fries, Fresh Apple		French Toast + Sausage or Eggs# ^ Chicken Alfredo Pasta Mango Veggie Blended Juice Sliced Apple	
Breakfast	28	Breakfast	29	Breakfast	30	Breakfast	31		
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			
Lunch		Lunch		Lunch		Lunch			
Vegan Chicken Tinga#, SantaFe Chicken + Carrots Corn Muffin Corn, Fresh Pear		Cheese Pupusa, Popcorn Chicken Pineapple Tidbits Fiesta Beans		BBQ Chicken Sandwich^ Southwest Black Bean + Cheese Burrito # Green Beans Diced Peaches		Cheeseburger^, Veggie Burger^, Fresh Nectarine Fresh Cucumber Coins			

* ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICKE OF 1% and 0% Milk ** ^ DENOTES ITEM IS WHOLE GRAIN/ WHOLE WHEAT
 *** MENU SUBJECT TO CHANGE **** # DENOTES ITEM IS VEGETARIAN ***** THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER