DECEMBER 2018

Breakfast and Lunch K-8



SPRINGS CHARTER SCHOOLS
BEAR RIVER
STUDENT CENTER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
December 3, 2018	**December 4, 2018**	**December 5, 2018**	**December 6, 2018**	**December 7, 2018**
Breakfast Cocoa Puffs ^ Graham Crackers ^ Craisins Apple Juice **Lunch** Southwestern Black Bean & Cheese Burrito ^ # OR Teriyaki Chicken w/Fried Rice Sunset Sip Fresh Banana	**Breakfast** Egg and Cheese on a Brioche Bun OR Banana Muffin ^ & Mozzarella String Cheese Diced Peaches or Diced Pears Orange Tangerine Juice or Fruit Punch **Lunch** Chicken Nuggets OR French Toast Sticks with Sausage ^ OR Veggie Nuggets ^ # Potato Rounds Cucumber Slices Apple Juice	**Breakfast** Cinnamon Chex^ Maple Breakfast Square ^ Fresh Fruit or Fruit Cup **Lunch** Turkey Burger ^ OR Beef Chili Dog on Bun ^ Monterey Veggie Burger ^ # Maple Baked Beans Baby Carrots Mixed Fruit Cup	**Breakfast** Turkey Ham & Cheese on English Muffin ^ OR Rice Chex ^ & Strawberry Pancake Square ^ Fresh Banana Orange-Tangerine Juice **Lunch** Nacho Chili Combo w/Tortilla Rounds ^ OR Chicken Drumstick ^ w/Corn Muffin ^ OR Veggie Nacho Combo ^ # w/Tortilla Rounds ^ Sweet Maple Carrots Sliced Apples	**Breakfast** Peach Loaf ^ Mozzarella String Cheese Fresh Apple **Lunch** Popcorn Chicken ^ OR Pepperoni Pizza ^ OR Veggie Chicken Tinga ^ # Whole Kernel Corn, Jalapenos Pineapple Tidbits Pretzels ^
December 10, 2018	**December 11, 2018**	**December 12, 2018**	**December 13, 2018**	**December 14, 2018**
Breakfast Raspberry Yogurt Cinnamon Oat Granola ^ Cherry Craisins Orange Tangerine Juice **Lunch** Chicken & Green Chile Tamale OR Cheeseburger ^ OR Veggie Burger ^ # Whole Kernel Corn Diced Pears	**Breakfast** Chicken Biscuit ^ OR Lemon Loaf ^ w/Mozzarella String Cheese Mixed Fruit Cup Strawberry Kiwi Juice **Lunch** *NEW ITEM* **** Bistro Box **** *NEW ITEM* Box Includes : Cherry Loaf ^ Vanilla Yogurt Mozzarella String Cheese Wango Mango Juice, Mixed Fruit Cup	**Breakfast** Blueberry Crumble Graham Crackers ^ Fresh Apple **Lunch** Orange Chicken OR Cheese Lasagna OR Spaghetti with Veggie Meatballs ^ # Broccoli Fresh Red Pepper Slices Sliced Apples	**Breakfast** Cinnamon Toast Crunch ^ Blueberry Muffin ^ Fresh Pear **Lunch** Taco Meat w/Tortilla Rounds ^ OR Bean and Cheese Papusa OR Veggie Chili w/Beans # Jalapenos Fiesta Beans Pineapple Tidbits	**Breakfast** Hot Strawberry Pancakes ^ OR Assorted Cereal ^ w/Animal Grahams Fresh Apple Blended Fruit Juice **Lunch** Turkey Bologna & Turkey Salami Mini Sub ^ w/Cheese OR Turkey Ham and American Cheese on Bun ^ OR Cheese Sandwich ^ # Sunset Sip Sliced Apples
December 17, 2018	**December 18, 2018**	**December 19, 2018**	**December 20, 2018**	**December 21, 2018**
	Winter Break			
December 24, 2018	**December 25, 2018**	**December 26, 2018**	**December 27, 2018**	**December 28, 2018**
	**Winter Break**			

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% OR 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.*