JANUARY 2019

Breakfast and Lunch K-8

SPRINGS CHARTER SCHOOLS
BEAR RIVER STUDENT CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 7, 2019	**January 8, 2019**	**January 9, 2019**	**January 10, 2019**	**January 11, 2019**
Breakfast Cocoa Puffs ^ Graham Crackers ^ Cherry Craisins Apple Juice **Lunch** Southwestern Black Bean & Cheese Burrito ^ # w/Sunset Sip OR Teriyaki Chicken w/Fried Rice and Broccoli Celery Sticks Applesauce Cup	**Breakfast** HOT Egg & Cheese on Brioche Bun OR Banana Muffin ^ & String Cheese Diced Peaches Fruit Punch Juice **Lunch** Chicken Nuggets OR French Toast Sticks with Sausage ^ OR Veggie Nuggets ^ # w/Potato Rounds Mixed Veggies Cucumber Slices Apple Juice	**Breakfast** Cinnamon Chex ^ Maple Breakfast Square ^ Fresh Apple **Lunch** Turkey Burger ^ OR Hot Dog w/Veggie Chili ^ OR Veggie Burger ^ # Maple Baked Beans Cucumber Slices Mixed Fruit Cup	**Breakfast** HOT Turkey Ham & Cheese on English Muffin ^ OR Rice Chex ^ & Strawberry Pancake Square ^ Fresh Banana Orange Tangerine Juice **Lunch** Nacho Chili Combo OR Veggie Chili Combo # OR Crispy Chicken Drumstick Tortilla Rounds ^ Sweet Maple Carrots Sliced Apples	**Breakfast** Peach Mini Loaf ^ Mozzarella String Cheese Fresh Apple **Lunch** Popcorn Chicken w/Corn Muffin ^ OR Pepperoni Pizza ^ OR Mini Cheese Ravioli ^ # Romaine Lettuce Jalapenos Pineapple Tidbits
January 14, 2019	**January 15, 2019**	**January 16, 2019**	**January 17, 2019**	**January 18, 2019**
Breakfast Raspberry Yogurt Cinnamon Oat Granola ^ Cherry Craisins Orange Tangerine Juice **Lunch** Cheeseburger ^ OR Chicken & Green Chile Tamale OR Cheese & Green Chile Tamale # Veggie Burger ^ # Whole Kernel Corn Diced Pears	**Breakfast** HOT Chicken Biscuit ^ OR Lemon Loaf ^ w/Mozzarella String Cheese Mixed Fruit Cup Strawberry Kiwi Juice **Lunch** BBQ Chicken Sandwich ^ w/Carrots OR Spaghetti & Meatballs ^ OR Spaghetti w/Veggie Meatballs ^ # and Breadstick ^ Green Beans Orange-Tangerine Juice	**Breakfast** Blueberry Crumble Coffee Cake Graham Crackers ^ Fresh Fruit **Lunch** Orange Chicken OR Cheese Lasagna # Broccoli Red Pepper Slices Pineapple Tidbits	**Breakfast** HOT Strawberry Pancakes ^ OR Fruity Cheerios ^ w/Animal Grahams ^ Fresh Fruit Orange Tangerine Juice **Lunch** Taco Meat OR Veggie Chili # w/Tortilla Rounds ^ OR Bean & Cheese Papusa Fiesta Beans Jalapenos Fresh Fruit	**Breakfast** Cinnamon Toast Crunch ^ Blueberry Muffin ^ Fresh Fruit **Lunch** Chicken Sandwich ^ OR Corn Dog On A Stick OR Monterey Veggie Patty ^ # Country Blend Vegetables Fresh Fruit
January 21, 2019	**January 22, 2019**	**January 23, 2019**	**January 24, 2019**	**January 25, 2019**
Holiday - No School	**Breakfast** HOT Waffle^ & Sausage OR Assorted Cereal w ^ /French Toast Breakfast Square ^ Pineapple Tidbits Orange Juice **Lunch** Pizza Dippers ^ # w/Marinara Dipping Sauce and Mixed Veggies Teriyaki Chicken w/Brown Rice and Broccoli Fresh Fruit Chocolate Cookie	**Breakfast** Plain Bagel ^ Cream Cheese Fresh Fruit **Lunch** Pepperoni Pizza ^ w/Broccoli Florets OR General Tso's Chicken w/Broccoli OR Cheese Pizza ^ # w/Sweet Maple Butter Carrots Red Pepper Slices Fresh Fruit	**Breakfast** HOT Breakfast Burrito OR Vanilla Yogurt w/Cinnamon Oat Granola ^ Applesauce Cup Fresh Fruit **Lunch** Crispy Chicken Drumstick ^ w/Corn Muffin ^ OR Salisbury Steak w/Mashed Potatoes, Gravy & Sliced Bread^ (2), OR Veggie Nuggets ^ # Southwest Corn, Fresh Cauliflower Florets Mixed Fruit Cup	**Breakfast** Apple Cinnamon Cheerios ^ Graham Crackers ^ Fresh Fruit **Lunch** **Bistro Box!** Box Includes : Strawberry Yogurt, Mozzarella String Cheese, Dragon Punch, Fresh Orange, and Corn Muffin. ***Minimum Day - All Grades***
January 28, 2019	**January 29, 2019**	**January 30, 2019**	**January 31, 2019**	
Breakfast Apple Cinnamon Crumble Coffee Cake French Toast Breakfast Square ^ Applesauce Cup Orange Tangerine Juice **Lunch** Santa Fe Chicken w/Corn Muffin ^ OR Turkey Burger ^ OR Monterey Veggie Burger ^ # Diced Carrots, Pickle Chips Applesauce Cup Snickerdoodle Cookie	**Breakfast** HOT French Toast Sticks ^ OR Blueberry Muffin ^ w/Mozzarella String Cheese Diced Pears Grape Juice **Lunch** Cheese Papusa ^ # OR Popcorn Chicken ^ Fiesta Beans Jalapenos Grape Juice	**Breakfast** Raspberry Yogurt Cinnamon Oat Granola ^ Fresh Fruit **Lunch** BBQ Chicken Sandwich^ w/Green Beans OR Southwest Black Bean & Cheese Burrito ^ # Salsa SunSet Sip Diced Peaches	**Breakfast** HOT Cheese Omelet and Biscuit OR Cherry Loaf ^ Fresh Fruit Pineapple Tidbits **Lunch** Cheeseburger ^ w/French Fries OR Chicken Nuggets w/Potato Rounds OR Veggie Burger ^ # w/Potato Rounds Cucumber Slices Fruit Punch Juice	

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.*