

preferredmeals
an elior company
Lunch

RIVER SPRINGS CHARTER SCHOOL
LUNCH 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
October 1, 2018	**October 2, 2018**	**October 3, 2018**	**October 4, 2018**	**October 5, 2018**
CHICKEN & GREEN CHILE TAMALE OR **CHEESE & GREEN CHILE TAMALE** Corn Fresh Red Pepper Slices Diced Pears Apple Juice Choice of Milk Light Ranch Dressing Hot Sauce	SPAGHETTI & MEATBALLS ^ OR **SPAGHETTI WITH VEGGIE MEATBALLS** Breadstick ^ Fresh zucchini slices Orange-Tangerine Juice Mixed Fruit Cup Choice of Milk	ORANGE CHICKEN with BROCCOLI OR **ORANGE VEGAN CHICK'N With BROWN RICE** Mixed Vegetables Fresh Fruit Pineapple Tidbits Vanilla Cookie ^ Choice of Milk	TOTADA BOWL^ OR **VEGETARIAN CHILI BOWL** Fiesta Beans Fresh Fruit Grape Juice Multi Grain Sun Chips ^ Choice of Milk Taco Sauce	MONTEREY CHICKEN SANDWICH^ OR **MONTEREY VEGGIE BURGER^** OR CORN DOG ON A STICK Country Blend Vegetables Fresh Fruit Diced Peaches Choice of Milk Ketchup Mustard BBQ Sauce Light Ranch Dressing
October 8, 2018	**October 9, 2018**	**October 10, 2018**	**October 11, 2018**	**October 12, 2018**
BEEF CHILI DOG^ OR **VEGGIE BURGER** OR CHICKEN QUESO BURRITO ^ Garden Vegetables Blended Fruit Juice Fresh Fruit Pretzel ^ Choice of Milk Ketchup Mustard	TERIYAKI GLAZED CHICKEN W/ BROWN RICE & BROCCOLI OR **TERIYAKI VEGAN CHICK'N & RICE** Garden Peas Fresh Fruit Apple Juice Chocolate Cookie ^ Choice of Milk	GENERAL TSO'S CHICKEN (with noodles & broccoli) OR **PIZZA DIPPERS ^** Marinara Dipping Sauce Sweet Maple Butter Carrots Fresh Fruit Strawberry-Kiwi Juice Choice of Milk	CRISPY CHICKEN DRUMSTICK ^ OR **VEGGIE NUGGETS ^** OR SALISBURY STEAK WITH GRAVY & MASHED POTATOES French Fries Corn Muffin ^ Green Beans Fresh Fruit Choice of Milk BBQ Sauce Ketchup	FRENCH TOAST STICKS W/SAUSAGE ^ OR **FRENCH TOAST STICKS WITH SCRAMBLED EGGS** OR CHICKEN ALFREDO PASTA ^ Breadstick (IW)^ Wango Mango Juice Baby Carrots Diced Peaches Fresh Fruit Choice of Milk Syrup Light Ranch Dressing
October 15, 2018	**October 16, 2018**	**October 17, 2018**	**October 18, 2018**	**October 19, 2018**
SANTA FE CHICKEN W/ CARROTS OR **VEGETARIAN CHICK'N TINGA** OR RANCH TURKEY BURGER^ Corn Muffin ^ SunSet Sip Juice Corn Applesauce Cup Fresh Fruit Choice of Milk Ketchup Mustard	POPCORN CHICKEN ^ OR **CHEESE PUPUSA** Fiesta Beans Honey Roasted Sunflower Seeds Romaine Lettuce w/Croutons ^ Grape Juice Pineapple Tidbits Choice of Milk Hot Sauce BBQ Sauce Light Ranch Dressing	BBQ CHICKEN SANDWICH^ OR **BBQ VEGAN CHICK'N SANDWICH** OR **SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^** Salsa Cup Green Beans Fresh Red Pepper Slices Diced Peaches Orange-Tangerine Juice Choice of Milk Light Ranch Dressing	CHEESEBURGER^ OR **VEGGIE BURGER^** OR CHICKEN NUGGETS w/Breadstick^ Potato Rounds Fresh Cucumber Slices Jalapenos Fresh Fruit Fruit Punch Juice Choice of Milk Mustard BBQ Sauce Light Ranch Dressing Ketchup	CHICKEN ALFREDO PASTA ^ OR **CHEESY PENNE ALFREDO** OR NACHO COMBO CHILI W/Tortilla Rounds ^ Fresh Zucchini Slices California Blend Veggies Fresh Fruit Mixed Fruit Cup Lemon Cookie ^ Choice of Milk
October 22, 2018	**October 23, 2018**	**October 24, 2018**	**October 25, 2018**	**October 26, 2018**
CHICKEN & GREEN CHILE TAMALE OR CORN DOG ON A STICK Whole Kernel Corn Fresh Jicama Sticks Mixed Fruit Cup Strawberry-Kiwi Juice Choice of Milk Ketchup Light Ranch Dressing Hot Sauce Mustard	CHICKEN QUESO BURRITO ^ OR **BEAN & CHEESE BURRITO ^** OR SOFT TACO^ Salsa Cup Jalapenos Refried Beans Applesauce Cup Fresh Fruit Choice of Milk Taco Sauce	SALISBURY STEAK WITH GRAVY OR **VEGETARIAN SALISBURY STEAK** OR MONTEREY CHICKEN SANDWICH^ Mashed Potatoes Country Blend Vegetables Fresh Red Pepper Slices Fresh Fruit Pineapple Tidbits Choice of Milk Light Ranch Dressing	GENERAL TSO'S CHICKEN OR **GENERAL TSO'S VEGAN CHICK'N WITH NOODLES** OR SPAGHETTI & MEATBALLS ^ Diced Carrots Fresh Fruit Multi Grain Sun Chips ^ Choice of Milk	**PIZZA DIPPERS ^** Marinara Dipping Sauce OR ORANGE CHICKEN with BROCCOLI Fresh Baby Spinach Light Ranch Dressing Diced Peaches Fresh Fruit Snickerdoodle Cookie ^ Choice of Milk
October 29, 2018	**October 30, 2018**	**October 31, 2018**		
SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^ OR TERIYAKI GLAZED CHICKEN BROWN RICE & BROCCOLI Garden Vegetables Fresh Fruit Applesauce Cup Fresh Broccoli Florets Light Ranch Dressing Cherry Cookie ^ Choice of Milk	FRENCH TOAST STICKS SAUSAGE^ OR **VEGGIE NUGGETS** OR CHICKEN NUGGETS W/POTATO ROUNDS, SLICED BREAD Potato Rounds SunSet Sip Juice Fresh Fruit Ketchup Syrup BBQ Sauce Choice of Milk	RANCH TURKEY BURGER^ OR **VEGGIE BURGER^** **OR** BEEF CHILI DOG Vegetarian Chili Diced Carrots Mixed Fruit Cup Fruit Punch Juice Pretzel ^ Choice of Milk Ketchup Chipotle Ranch Mustard		

ALL 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 ***This is an equal opportunity provider.