

Breakfast

RIVER SPRINGS BEAR RIVER CENTER

BRC - Breakfast K-12

Monday	Tuesday	Wednesday	Thursday	Friday
January 1, 2018	January 2, 2018	January 3, 2018	January 4, 2018	January 5, 2018
HOLIDAY BREAK				
January 8, 2018	January 9, 2018	January 10, 2018	January 11, 2018	January 12, 2018
CINNAMON CHEX ^ Strawberry Pancake Square Strawberry Craisins Orange Juice Choice of Milk	STRAWBERRY BANANA YOGURT Granola Diced Pears Grape Juice Choice of Milk	TRIX ^ Graham Crackers ^ Fresh Fruit Choice of Milk	GOLDEN GRAHAM CEREAL ^ Animal Grahams ^ Fresh Fruit Apple Cherry Juice Choice of Milk	String Cheese Pumpkin Loaf ^ Fresh Fruit Choice of Milk
January 15, 2018	January 16, 2018	January 17, 2018	January 18, 2018	January 19, 2018
MARTIN LUTHER KING JR.	COCOA PUFFS ^ Graham Crackers ^ Strawberry Craisins Blended Fruit Juice Choice of Milk	String Cheese Lemon Mini Loaf ^ Fresh Fruit Choice of Milk	STRAWBERRY YOGURT Granola Fresh Fruit Mixed Fruit Cup Choice of Milk	MULTI GRAIN CHEERIOS Maple Breakfast Square ^ Fresh Fruit Choice of Milk
January 22, 2018	January 23, 2018	January 24, 2018	January 25, 2018	January 26, 2018
CINNAMON TOAST CRUNCH ^ Vanilla Waffle Square Strawberry Craisins Blended Fruit Juice Choice of Milk	String Cheese Blueberry Muffin ^ Diced Pears Grape Juice Choice of Milk	VANILLA YOGURT Granola Fresh Fruit Choice of Milk	PEACH LOAF^ Fresh Fruit Orange Juice Choice of Milk	FRUITY CHEERIOS ^ Graham Crackers ^ Fresh Fruit Choice of Milk
January 29, 2018	January 30, 2018	January 31, 2018	February 1, 2018	February 2, 2018
RASPBERRY YOGURT Granola Strawberry Craisins Apple Cherry Juice Choice of Milk	SLICED BAGEL^ Cream Cheese Pineapple Tidbits Orange Juice Choice of Milk	RICE CHEX ^ Vanilla Waffle Square ^ Fresh Fruit Choice of Milk		

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 institution is an equal opportunity provider.

Yum! www.PreferredMealsMenu.com



Lunch

RIVER SPRINGS BEAR RIVER CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
January 1, 2018	January 2, 2018	January 3, 2018	January 4, 2018	January 5, 2018
HOLIDAY BREAK	"BREAKFAST FOR LUNCH"			
January 8, 2018	January 9, 2018	January 10, 2018	January 11, 2018	January 12, 2018
DELI SUB SANDWICH ^ Tropical Veggie Juice Applesauce Cup Mustard Choice of Milk	HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Maple Baked Beans Diced Peaches Mustard Ketchup (Z) Choice of Milk	CHEESE PIZZA ^ Broccoli Mixed Fruit Cup Choice of Milk	CHILI French Fries Corn Muffin ^ Fresh Fruit Choice of Milk	"BUILD A BETTER BURGER" RANCH TURKEY BURGER Hamburger Bun ^ Shredded Lettuce Pickle Chips Jalapenos Mayonnaise Fresh Fruit Choice of Milk
January 15, 2018	January 16, 2018	January 17, 2018	January 18, 2018	January 19, 2018
MARTIN LUTHER KING JR.	"SPICE IT UP!" BAKED CHICKEN NUGGETS ^ French Fries Grape Juice Chipotle Ranch BBQ Sauce Sriracha Ketchup Ketchup Choice of Milk	CHEESEBURGER Hamburger Bun ^ Garden Vegetables Pickle Chips Mustard Ketchup Fresh Fruit Choice of Milk	BEEF & CHEESE SOFT TACO ^ Corn Crunchy Celery Sticks Fat Free Ranch Dressing Diced Peaches Taco Sauce Choice of Milk	"NEW ITEM" CHEESY CHICKEN VEG BOOYAH (STEW) Corn Muffin ^ Mixed Fruit Cup Choice of Milk
January 22, 2018	January 23, 2018	January 24, 2018	January 25, 2018	January 26, 2018
TURKEY SALAMI & CHEESE ON A WHOLE WHEAT BUN^ Hummus Cup Baby Carrots Fresh Fruit Mustard Choice of Milk	"NATIONAL SOUTHERN FOOD DAY" CHICKEN DRUMSTICK W POTATO ROUNDS Green Beans Corn Muffin ^ BBQ Sauce Ketchup Blended Fruit Juice Choice of Milk	PIZZA DIPPERS ^ Marinara Dipping Sauce Garden Vegetables Diced Pears Choice of Milk	"MAKE YOUR OWN SALAD DAY" POPCORN CHICKEN ^ Romaine Salad Cucumber Coins Light Ranch Dressing Fresh Fruit Choice of Milk	SALISBURY STEAK W/GRAVY & MASHED POTATOES Baby Carrots Fat Free Ranch Dressing Mixed Fruit Cup Sliced Bread ^ Choice of Milk
January 29, 2018	January 30, 2018	January 31, 2018	February 1, 2018	February 2, 2018
TURKEY HAM & CHEESE SANDWICH ^ Mango Mango Juice Applesauce Cup Mustard Choice of Milk	TOASTY TUESDAY** TOASTED CHEESE SANDWICH ^ Tomato Soup^ Pickle Chips Mixed Fruit Cup Choice of Milk	SAUSAGE PIZZA ^ Romaine Salad Light Italian Dressing Fresh Fruit Choice of Milk		

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