The Greatest School On Earth

Springs Charter Schools
www.SpringsCS.org



January 2023
Breakfast Menu
Entrees offered on a rotating schedule

Each meal includes fruit and a choice of milk (1% or fat free).

Monday

Mini Strawberry Bagels
Sliced Wheat Bagels
Sliced Cinnamon Raisin Bagel

Tuesday

Banana & Chocolate Breakfast Bar
Strawberry Crisp Bar
Chocolate Oatmeal Breakfast Bar
Cinnamon Buns

Wednesday

Assorted Flavored Yogurt
Cinnamon Graham Goldfish
Apple Cinnamon Graham Bears
Vanilla Graham Chatsnax

Thursday

Cinnamon Crumble Loaf
Chocolate Chip Muffin
Blueberry Crumble Loaf
Banana Muffin

Friday

Apple Frudel Strudel
Lemon Chip Crunch Bar
Soft Filled Cinnamon Toast Crunch Bar
Trix Breakfast Bar

Daily

Fruits Offered Daily May Include:
Apple Slices, Bananas, Cantaloupe, Grapes, Honeydew Melon, Pineapple, Orange Wedges, Watermelon, Assorted Fruit Cups, Applesauce Cups, and Assorted 100% Fruit Juices.

Menu subject to change

This institution is an equal opportunity provider.

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January 2023

Lunch Menu

Entrees offered on a rotating schedule with at least one vegetarian option daily

Each meal includes fruit and vegetable sides and a choice of milk (1% or fat free).

Monday

Chicken Corn Dog
Mini Meatball Sandwich
Hummus W/Crackers
V Cheese Sliders
V Stuffed Cheese Sticks

Tuesday

Taco Nada
Chicken Taquitos
V Cheese & Crackers
V Bean & Cheese Burrito
V Bean & Cheese Quesadilla

Wednesday

Mini Cheeseburgers
Soybutter & Jelly Sandwich
V Cheese Quesadilla
V Mac n Cheese

Thursday

Pepperoni Pizza Wedge
Pepperoni Stuffed Calzone
V Cheddar Cheese & Bean Dip W/Chips
V Cheese Pizza Wedge
V Cheese Bites

Friday

Turkey Ham & Cheese Croissant
Pretzel Dog
V Grilled Cheese Sandwich
V Cheese Pull Aparts

Daily

Vegetables Offered Daily May Include:
Baby Carrots, Broccoli Florets, Cucumber Slices, Cauliflower, Cherry Tomatoes, Edamame, Jicama Sticks, Romaine Salad, Yam Sticks, Zucchini Sticks, and Assorted 100% Vegetable Juice.

Fruits Offered Daily May Include:
Apple Slices, Bananas, Cantaloupe, Grapes, Honeydew Melon, Pineapple, Orange Wedges, Watermelon, Assorted Fruit Cups, Applesauce Cups, and Assorted 100% Fruit juices.

V Indicates Vegetarian

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