March 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.

Springs CHARTER SCHOOLS
www.SpringsCS.org

DIG INTO SCHOOL BREAKFAST

#NSBW23

MARCH 6TH - 10TH MENU

Meal includes fruit and choice of milk

Monday 3/6

Pop Tarts

Tuesday 3/7

Mini Cinn Rolls

Wednesday 3/8

Breakfast Bites

Thursday 3/9

Pan Dulce

Friday 3/10

Mini Waffles

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March 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).

Holiday Meal:
Shamrock Shaped Nuggets, Tater Tots, Shamrock Shaped Cookie

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

Menu subject to change

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