

River Springs Corona				January 2019				K - 8							
			1				2				3				4
		7				8				9				10	
															11
<b>Lunch</b>				<b>Lunch</b>				<b>Lunch</b>				<b>Lunch</b>			
Southwest Black Bean + Cheese Burrito #				Chicken Nuggets + Potato Rounds Bread Stick ^				Veggie Burger#^ Turkey Burger^				Strawberry Yogurt & String Cheese, Corn Muffin^			
Chicken Teriyaki Fried Rice				French Toast Sticks+ Sausage ^, Veggie Nuggets				Hotdog^ + Chilli				Tropical Veggie Juice			
Salsa, Mixed Vegetables				Sunset Veg Blend				Maple Baked Means				Sliced Apple			
Applesauce Cup				Fresh Apple				Mixed Fruit Cup				Orange Tangerine Juice			
			14			15				16				17	
<b>Lunch</b>				<b>Lunch</b>				<b>Lunch</b>				<b>Lunch</b>			
Chicken Tamale with Green Chile Sauce				Spaghetti + Meatballs(also available vegetarian)				Orange Chicken + Broccoli				Turkey Ham & Cheese on WW Bun^			
Cheese + Green Chile Tamale				BBQ Chicken Sandwich^ with Carrots				Cheese Lasagna with Tomato Sauce + Broccoli				Baby Carrots, Sunset Sip Juice			
Caroteenies, Diced Pears				Green Beans, Mixed Fruit Cup				Pineapple Tidbits				Sliced Apple			
				Breadstick ^								Chicken Patty Sandwich ^ Turkey Corndog ^			
			21			22				23				24	
<b>Martin Luther King, Jr. Day</b>				<b>Lunch</b>				<b>Lunch</b>				<b>Lunch</b>			
				Teriyaki Chicken Fried Rice				General Tso's Chicken + Noodles				Strawberry Yogurt & String Cheese, Corn Muffin^			
				Pizza Dippers + Marinara				Cheese Flatbread #^				Tropical Veggie Juice			
				Peas, Apple Juice				Sweet Maple Carrots, Fresh Pear				Fresh fruit			
			28			29				30				31	
<b>Lunch</b>				<b>Lunch</b>				<b>Lunch</b>				<b>Lunch</b>			
Vegan Chicken Tinga#, SantaFe Chicken + Carrots				Cheese Pupusa, Popcorn Chicken				BBQ Chicken Sandwich^				Turkey Ham & Cheese on WW Bun^			
Corn Muffin				Pineapple Tidbits				Southwest Black Bean + Cheese Burrito #				Italian Corn Salad			
Corn, Fresh Pear				Fiesta Beans				Green Beans				Fresh Banana			
								Diced Peaches							
<p>* ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICKE OF 1% and 0% Milk    ** ^ DENOTES ITEM IS WHOLE GRAIN/ WHOLE WHEAT  *** MENU SUBJECT TO CHANGE    **** # DENOTES ITEM IS VEGETARIAN    ***** THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER</p>															