Springs Charter Schools

The Greatest School On Earth

August 2022

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
Turkey Coins
V Bean & Cheese Burrito
V Bean & Cheese Quesadilla

Wednesday

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

Thursday

Pepperoni Pizza Wedge
Pepperoni Stuffed Sandwich
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:

Cauliflower, Jicama sticks, Edamame, Sliced Cucumbers, Baby carrots, Broccoli Florets, cherry tomatoes, romaine lettuce, Tropical Twist Juice

Fruits Offered Daily May Include:

Apple Juice, Assorted Fruit Punch Juice, Mixed cantelope, honey dew, apple slices, fresh orange, grapes, banana, watermelon chunk cup, mixed fruit cups, and applesauce.

V Indicates Vegetarian

Menu subject to change

This institution is an equal opportunity provider.

Springs Charter Schools

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August 2022

Breakfast Menu

Entrees offered on a rotating schedule

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

Monday

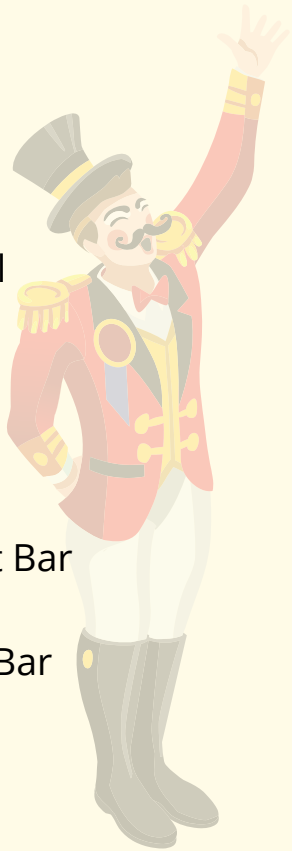
Mini Strawberry Bagels
Sliced Wheat Bagels
Sliced Cinnamon Raisin Bagel

Tuesday

Banana & Chocolate Breakfast Bar
Strawberry Crisp Bar
Chocolate Oatmeal Breakfast Bar
Mini Chocolate Donut

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
Cocoa Puff Cereal Bar

Daily



Fruits Offered Daily May Include:

Apple Juice, Assorted Fruit Punch Juice, Mixed cantelope, honey dew, apple slices, fresh orange, grapes, banana, watermelon chunk cup, mixed fruit cups, and applesauce.

Menu subject to change

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