

preferredmeals
an elior company
Lunch

RIVER SPRINGS CHARTER SCHOOL
LUNCH K-8

Monday	Tuesday	Wednesday	Thursday	Friday
October 1, 2018	**October 2, 2018**	**October 3, 2018**	**October 4, 2018**	**October 5, 2018**
CHICKEN & GREEN CHILE TAMALE Corn Fresh Red Pepper Slices Diced Pears Choice of Milk Light Ranch Dressing Hot Sauce	SPAGHETTI & MEATBALLS ^ Breadstick ^ Fresh zucchini slices Mixed Fruit Cup Choice of Milk	ORANGE CHICKEN with BROCCOLI Mixed Vegetables Fresh Fruit Pineapple Tidbits Choice of Milk	TOTADA BOWL^ Fiesta Beans Fresh Fruit Choice of Milk Taco Sauce	MONTEREY CHICKEN SANDWICH^ Country Blend Vegetables Diced Peaches Choice of Milk Ketchup Mustard BBQ Sauce Light Ranch Dressing
October 8, 2018	**October 9, 2018**	**October 10, 2018**	**October 11, 2018**	**October 12, 2018**
BEEF CHILI DOG^ OR **VEGGIE BURGER** Garden Vegetables Blended Fruit Juice Choice of Milk Ketchup Mustard	TERIYAKI GLAZED CHICKEN W/ BROWN RICE & BROCCOLI OR **TERIYAKI VEGAN CHICK'N & RICE** Broccoli Fresh Fruit Chocolate Cookie ^ Choice of Milk	GENERAL TSO'S CHICKEN (with noodles & broccoli) OR PEPPERONI FLATBREAD PIZZA OR **CHEESE FLATBREAD PIZZA** Sweet Maple Butter Carrots Fresh Pear Choice of Milk	CRISPY CHICKEN DRUMSTICK ^ OR **VEGGIE NUGGETS ^** OR SALISBURY STEAK WITH GRAVY & MASHED POTATOES Corn Muffin ^ Sweet Maple Butter Carrots Mixed Fruit Cup Choice of Milk BBQ Sauce Ketchup	FRENCH TOAST STICKS W/SAUSAGE ^ OR **FRENCH TOAST STICKS WITH SCRAMBLED EGGS** Wango Mango Juice Diced Peaches Choice of Milk Syrup
October 15, 2018	**October 16, 2018**	**October 17, 2018**	**October 18, 2018**	**October 19, 2018**
SANTA FE CHICKEN SANDIWCH^ OR **VEGETARIAN CHICK'N TINGA** OR RANCH TURKEY BURGER^ Corn Muffin ^ Diced Carrots Applesauce Cup Choice of Milk Ketchup Mustard	POPCORN CHICKEN ^ OR **CHEESE PUPUSA** Fiesta Beans Jalapenos Grape Juice Choice of Milk Hot Sauce BBQ Sauce	BBQ CHICKEN SANDWICH^ OR **BBQ VEGAN CHICK'N SANDWICH** OR **SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^** Salsa Cup Diced Peaches Sunset Sip Juice Choice of Milk	CHEESEBURGER^ OR **VEGGIE BURGER^** OR CHICKEN NUGGETS w/Breadstick^ Potato Rounds Fresh Cucumber Slices Fresh Fruit Choice of Milk Mustard BBQ Sauce Light Ranch Dressing Ketchup	CHICKEN ALFREDO PASTA ^ OR **CHEESY PENNE ALFREDO** OR NACHO COMBO CHILI W/Tortilla Rounds ^ Broccoli Fresh Fruit Choice of Milk Light Ranch Dressing
October 22, 2018	**October 23, 2018**	**October 24, 2018**	**October 25, 2018**	**October 26, 2018**
CHICKEN & GREEN CHILE TAMALE OR CORN DOG ON A STICK OR **VEGGIE NUGGETS** Whole Kernel Corn Fresh Jicama Sticks Mixed Fruit Cup Choice of Milk Ketchup Light Ranch Dressing Hot Sauce Mustard	CHICKEN QUESO BURRITO ^ OR **BEAN & CHEESE BURRITO ^** OR SOFT TACO^ Salsa Cup Refried Beans Applesauce Cup Choice of Milk Taco Sauce	SALISBURY STEAK WITH GRAVY OR **VEGETARIAN SALISBURY STEAK w/whole wheat bread^** OR MONTEREY CHICKEN SANDWICH^ Mashed Potatoes Country Blend Vegetables Fresh Fruit Choice of Milk	GENERAL TSO'S CHICKEN OR **GENERAL TSO'S VEGAN CHICK'N WITH NOODLES** OR SPAGHETTI & MEATBALLS ^ Diced Carrots Strawberry Kiwi Juice Choice of Milk	**PIZZA DIPPERS ^** Marinara Dipping Sauce OR ORANGE CHICKEN with BROCCOLI Fresh Baby Spinach Light Ranch Dressing Diced Peaches Choice of Milk
October 29, 2018	**October 30, 2018**	**October 31, 2018**		
SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^ OR TERIYAKI GLAZED CHICKEN BROWN RICE & BROCCOLI Salsa Cup Banana Fresh Celery Sticks Light Ranch Dressing Choice of Milk	FRENCH TOAST STICKS SAUSAGE^ OR **VEGGIE NUGGETS** OR CHICKEN NUGGETS, SLICED BREAD^ Potato Rounds SunSet Sip Juice Fresh Fruit Ketchup Syrup BBQ Sauce Choice of Milk	RANCH TURKEY BURGER^ OR **VEGGIE BURGER^** **OR** BEEF CHILI DOG Vegetarian Beans Baby Carrots Mixed Fruit Cup Choice of Milk Ketchup Chipotle Ranch Mustard		

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 is an equal opportunity provider.