River Springs

January 2019

		יסףי				V MII			
Breakfast			Breakfast		1	Breakfast		2 Breakfast	
Lunah			Lunch			Lunch		Lunch	
Lunch			Lunch			Lunch		Lunch	
		7	7		8			9	
Lunch			Lunch			Lunch			
Lunch			Lunch	Veggie Nuggets #		Lunch		Lunch	
outhwest Black Bean + Cheese Burrito #			Chicken Nuggets + Potato Rounds Bread Stick ^		Veggie Burger#, Turkey Burger, Hotdog + Chilli		Nacho Chili Combo w/ Tortilla Chips #		
Chicken Teriyaki Fried Rice			French Toast Sti	cks+ Sausage ^		Maple Baked Mea	ans, Caroteenies + Hummus	Crispy Chicken Drumstick, Sweet	Maple Carro
Salsa, Mixed Vegetables, Broccoli, Fresh Orange		Sunset Veg Blend Fresh Apple		Mixed Fruit Cup, Blended Fruit Juice		Jalapeno Coins, Corn			
Applesauce cup,	IW Vanilla Cookie	٨	IW Cherry Cooki	e ^		Pretzels ^		Sliced Apple, Grape Juice	
		14	1		15		1	6	
Lunch			Lunch			Lunch		Lunch	
Chicken Tamale with Green Chile Sauce			Spaghetti + Meatballs(also available vegetarian)		Orange Chicken + Broccoli, Cheese Lasagna		Taco Tostada, Bean +Cheese Pupusa		
Cheese + Green	Chile Tamale, Che	ese Burger	1	ndwich [^] with Carrots	,		ce + Broccoli, Mixed Vegetables	Diced Carrots, Fiesta Beans	
Corn, Caroteenie		5	Green Beans, M			Pineapple Tidbits		Sliced Apple, Grape Juice	
Apple Juice			Orange Tangerir	e Juice, Breadstick^		IW Vanilla Cookie	e ^	Sunchips [^] Honey Roasted Sunflow	ver Seeds
		21			22		2	3	
Martin Luther	King, Jr. Day		Lunch			Lunch		Lunch	
			Teriyaki Chicken				ead, General Tso's Chicken +	Chicken Drumstick + Cornmuffin	
			Pizza Dippers +			Noodles, Cheese		Salsibury Steak + Roll ^ Veggie	
			Peas, Fresh Ora				weet Maple Carrots, Fresh Pear luice, Cheddar Sunchips	French Fries, Green beans, Fresh	Appie
		00		JOKIE			•	0	
		28			29		3		
Lunch			Lunch			Lunch		Lunch	
				Popcorn Chicken		BBQ Chicken Sa		Cheeseburger^, Veggie Burger^,	
			Honey Roasted Sunflower Seeds,			Southwest Black Bean + Cheese Burrito #		Chicken Nuggets with Potato Rounds + Breads	
Corn, Sunset Veggie Blended Juice			Fiesta Beans, Broccoli					Fresh Cucumber Coins, Jalapenos	
Fresh Pear, Apple	esauce Cup		Grape Juice, Pin	eapple Tidbits, Pretzels	S ^	Diced Peaches, C	Drange Tangerine Juice	Fresh Nectarine, Blended Fruit Juio	се

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK.

** MENU SUBJECT TO CHANGE

	9 - 12						
	3 - 12						
3	Breakfast		4				
	Lunch						
10			11				
	Lunch						
	Popcorn Chicken,	Mini Cheese Rav	ioli #				
rrots		ad, Carroteenies,					
		ucumber Coins, C					
	-	, Orange Tangerin					
17			18				
	Lunch						
	Chicken Patty Sandwich ^ Turkey Corndog ^						
	Monterey Veggie						
	Country Vegetables, Fresh Celery,						
	Fresh Banana, Di	ced Peaches					
24			25				
	Lunch						
	French Toast + Sausage or Eggs# ^						
	Chicken Alfredo Pasta						
	Mango Veggie Blended Juice, Carroteenies						
	Diced Peaches, Sliced Apple						
31	Breakfast						
	Lunch						
dstick							

**^ Denotes item is whole-grain/whole wheat