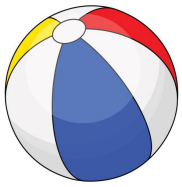
SPRINGS CHARTER SCHOOLS
Vista STUDENT CENTER

August 2021

K-8 Breakfast & Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 2, 2021	**August 3, 2021**	**August 4, 2021**	**August 5, 2021**	**August 6, 2021**
				
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
August 9, 2021	**August 10, 2021**	**August 11, 2021**	**August 12, 2021**	**August 13, 2021**
				
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
August 16, 2021	**August 17, 2021**	**August 18, 2021**	**August 19, 2021**	**August 20, 2021**
		**BREAKFAST** TRIX ^, Maple Breakfast Square ^, Fresh Apple, Milk **LUNCH** BBQ CHICKEN TATER TOT-CHOS w/Tortilla Rounds ^, Fresh Banana, Milk **Vegetarian Option** CHEESE PAPUSA ^ w/Golden Potato Rounds, Fresh Apple, Hot Sauce, Ketchup, Milk	**BREAKFAST** CINNAMON BUN ^, Fresh Apple, Fruit Punch Juice, Milk **LUNCH** TACO JOE, Hamburger Bun ^, Baked Beans, Fresh Necterine, Milk **Vegetarian Option** BEAN & CHEESE EMPANADA ^, Baby Carrots, Baked Beans, Fresh Nectarine, Ranch Dressing, Milk	**BREAKFAST** CHERRY BREAKFAST BAR ^, String Cheese, Fresh Apple, Milk **LUNCH** PANCAKES & SAUSAGE^ w/Syrup, Dragon Punch Veggie Juice, Fresh Peach, Milk **Vegetarian Option** EGG & CHEESE BAGEL ^, Dragon Punch Veggie Juice, Fresh Peach, Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	
August 23, 2021	**August 24, 2021**	**August 25, 2021**	**August 26, 2021**	**August 27, 2021**
BREAKFAST CINNAMON TOAST CRUNCH ^, Vanilla Waffle Square ^, Dried Cranberries, Grape Juice, Milk **LUNCH** CHEESE PIZZA ^, Corn, Fresh Seedless Grapes, Milk	**BREAKFAST** PLAIN BAGEL ^, Cream Cheese, Diced Pears, Orange-Tangerine Juice, Milk **LUNCH** VANILLA YOGURT, Cinnamon Bun ^, String Cheese, Dragon Punch Veggie Juice, Fresh Pear, Milk	**BREAKFAST** DOUBLE CHOCOLATE MINI MUFFIN ^, String Cheese, Fresh Apple, Milk **LUNCH** CHICKEN & GREEN CHILI TAMALE ^ w/Hot Sauce, Baked Beans, Fresh Celery Sticks, Fresh Apple Slices, Ranch Dressing, Milk **Vegetarian Option** VEGETARIAN BREADED NUGGETS ^, Cornbread, Pickle Chips, French Fries, Orange-Tangerine Juice, BBQ Sauce, Ketchup, Milk	**BREAKFAST** VANILLA YOGURT, Granola ^, Fresh Apple Slices, Grape Juice, Milk **LUNCH** MAC & CHEESE ^, Baked Beans, Fresh Celery Sticks, Fresh Apple Slices, Ranch Dressing, Milk	**BREAKFAST** FRUITY CHEERIOS ^, Strawberry Pancake Square ^, Fresh Apple, Milk **LUNCH** CHEESY MEATBALL MAC ^, Fresh Broccoli Florets, Fresh Baby Carrots, Fresh Banana, Ranch Dressing, Milk **Vegetarian Option** CHEESY BAKED PENNE^, Fresh Broccoli Florets, Fresh Baby Carrots, Fresh Banana, Ranch Dressing, Milk
MONDAY	**TUESDAY**			
August 30, 2021	**August 31, 2021**			
BREAKFAST FROSTED CORN FLAKES ^, Apple Breakfast Bar ^, Dried Cranberries, Orange-Tangerine Juice, Milk **LUNCH** BEAN & CHEESE PAPUSA ^ w/Salsa Cup, Green Beans, Fresh Pear, Milk	**BREAKFAST** STRAWBERRY YOGURT, Granola ^, Fresh Orange, Grape Juice, Milk **LUNCH** TURKEY HAM & CHEESE SANDWICH ^, Fresh Baby Carrots, Sun Splash Veggie Juice, Fresh Apple, Mustard, Ranch Dressing, Milk			

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS A CHOICE OF 1% OR FAT FREE WHITE MILK
*** MENU IS SUBJECT TO CHANGE ***
^ Denotes item is whole-grain/whole wheat
**** This institution is an equal opportunity provider ****

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