SPRINGS CHARTER SCHOOLS
BEAR RIVER STUDENT CENTER

October 2020

K-12 Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			October 1, 2020	October 2, 2020
			**CHEESY PARM WRAP ^** Country Vegetables Apple Slices Fruit Juice Milk	**FRENCH BREAD PIZZA ^** Mixed Vegetables Baby Carrots Fresh Pear, Seedless Grapes Fat Free Ranch Dressing Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
October 5, 2020	**October 6, 2020**	**October 7, 2020**	**October 8, 2020**	**October 9, 2020**
MAC & CHEESE ^ Baked Beans Fresh Broccoli & Carrots Fresh Apple Vanilla Cookie ^ Fat Free Ranch Dressing Milk	**TOASTED CHEESE SANDWICH ^** French Fries Green Beans Fresh Banana, Fruit Juice Ketchup Milk	**CHEESE PAPUSA ^** Honey Roasted Sunflower Seeds Sun Splash Vegetable Juice Fresh Nectarine Fresh Orange Hot Sauce Milk	**SLOPPY JOE** Whole Wheat Hamburger Bun ^ Whole Kernel Corn Sliced Apples Fresh Plum Milk	**TACO MEAT W/CHEESE** Wild White Nacho Doritos ^ Mixed Vegetables Fresh Celery Sticks Fresh Pear, Dried Cranberries Salas, Ranch Dressing Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
October 12, 2020	**October 13, 2020**	**October 14, 2020**	**October 15, 2020**	**October 16, 2020**
TURKEY CORN DOG ^ Potato Rounds Green Beans Fresh Nectarine Seedless Grapes Mustard, Ketchup Milk	**CRISPY CHICKEN DRUMSTICK & CORNBREAD ^** Baked Beans Diced Carrots Fresh Granny Smith Apple BBQ Sauce Milk	**4-CHEESE PANINI ^** Whole Kernel Corn Fresh Broccoli & Carrots Apple Slices Fresh Pear Ranch Dressing Milk	**CRISPY CHICKEN SANDWICH ^** Green Beans Fresh Celery and Carrots Fresh Red Apple Chipotle Ranch Dressing Milk	**CHEESY CHIPOTLE CHICKEN W/SPANISH RICE ^** Tostito Tortilla Rounds ^ Fresh Celery Sticks Fresh Banana, Fresh Orange Ketchup, Ranch Dressing Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
October 19, 2020	**October 20, 2020**	**October 21, 2020**	**October 22, 2020**	**October 23, 2020**
PANCAKES & SAUSAGE ^ Potato Rounds Sun Splash Veggie Juice Fresh Apple Syrup Ketchup Milk	**CHICKEN NUGGETS ^** Fiesta Beans Diced Carrots Fresh Plum Seedless Grapes Honey Mustard Vanilla Cookie Milk	**BEAN & CHEESE BURRITO ^** Potato Wedges Fresh Baby Carrots Fresh Nectarine Apple Slices Hot Sauce Ketchup Milk	**CHEESE PIZZA ^** Whole Kernel Corn Fresh Orange Fresh Pear Cheddar Sun Chips Milk	**GENERAL TSO'S CHICKEN & NOODLES ^** Diced Carrots Fresh Celery Sticks Grape Juice Fresh Banana Chocolate Cookie Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
October 26, 2020	**October 27, 2020**	**October 28, 2020**	**October 29, 2020**	**October 30, 2020**
CHICKEN STRIPS WITH MAC & CHEESE Cornbread ^ Baked Beans Fresh Carrots & Celery Sticks Fresh Apple Honey Milk	**FRENCH TOAST STICKS W/SCRAMBLE EGGS ^** Country Blend Vegetables Fresh Baby Carrots w/Ranch Seedless Grapes Apple Juice Syrup Milk	**PEPPERONI PIZZA ^** Green Beans Sun Splash Veggie Juice Fresh Apple Milk	**MINI CHEESE RAVIOLI WITH SAUCE ^** Breadstick ^ Broccoli Fresh Pear Fresh Orange Milk	**BBQ CHICKEN TATER TOT-CHOS** Tostitos Tortilla Rounds ^ Baby Carrots w/Ranch Fresh Banana Fresh Nectarine Snickerdoodle Cookie ^ Milk

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND 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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