DEL RIO STUDENT CENTER

October 2020

K-12 Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			October 1, 2020	October 2, 2020
			**Breakfast** Rice Krispies ^, Graham Crackers ^, Applesauce, Grape Juice, Milk **LUNCH** Pizza Dippers ^ Marinara Dipping Sauce Green Beans Applesauce, Orange Juice Milk	**Breakfast** Blueberry Muffin ^, String Cheese, Mixed Fruit Cup, Blended Fruit Juice, Milk **LUNCH** Penne Pasta w/Meatsauce Breadstick ^ Mixed Vegetables Peach Cup, Craisins Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
October 5, 2020	**October 6, 2020**	**October 7, 2020**	**October 8, 2020**	**October 9, 2020**
BREAKFAST Cinnamon Toast Soft Filled Bar, Diced Pears, Orange Juice, Milk **LUNCH** Cheesy Chipotle Chicken w/Spanish Rice, Cornbread ^ Broccoli Mixed Fruit Cup Milk	**BREAKFAST** Waffles ^, Peach Cup, Apple Cran Juice, Syrup, Milk **LUNCH** Breaded Chicken Nuggets ^ Fiesta Beans, Sun Splash Veggie Juice Pear Cup, Blended Fruit Juice BBQ Sauce Milk	**BREAKFAST** Cinnamon Flakes ^, Maple Breakfast Bar ^, Pineapple Tidbits, Blended Fruit Juice, Milk **LUNCH** Pancakes ^ w/Sausage & Syrup Potato Rounds, Sun Splash Veggie Juice Craisins, Applesauce Milk	**BREAKFAST** Frosted Flakes ^, Apple Bar ^, Craisins, Orange Juice, Milk **LUNCH** Bean & Cheese Burrito ^ Salsa Cup Whole Kernel Corn Mixed Fruit Cup, Blended Fruit Juice Milk	**BREAKFAST** Turkey Ham & Cheese on English Muffin ^, Pineapple Tidbits, Grape Juice, Milk **LUNCH** Kickin Chicken Sandwich ^ Potato Wedges, Green Beans Mixed Fruit Cup, Orange Juice BBQ Sauce, Ketchup Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
October 12, 2020	**October 13, 2020**	**October 14, 2020**	**October 15, 2020**	**October 16, 2020**
BREAKFAST Froot Loops ^, Graham Crackers ^, Pear Cup, Apple Cran Juice, Milk **LUNCH** General Tso's Chicken & Noodles Broccoli, Diced Carrots Apple Cran Juice, Peach Cup Chocolate Cookie ^ Milk	**BREAKFAST** Pillsbury Grape Crescent ^, Peach Cup, Blended Fruit Juice, Milk **LUNCH** Chicken Stirps w/Mac & Cheese Baked Beans, Sun Splash Veggie Juice Pear Cup, Grape Juice, Applesauce Honey, Crispy Granola Bites Milk	**BREAKFAST** Banana Muffin ^, String Cheese, Mixed Fruit Cup, Grape Juice, Milk **LUNCH** Hero Sandwich ^ Potato Rounds, Mixed Vegetables Apple Cran Juice, Pineapple Cup Mustard Milk	**BREAKFAST** Rice Krispies ^, Graham Crackers ^, Applesauce, Grape Juice, Milk **LUNCH** 4-Cheese Panini Sun Splash Veggie Juice Green Beans Pear Cup, Orange Juice Milk	**BREAKFAST** Blueberry Muffin ^, String Cheese, Mixed Fruit Cup, Blended Fruit Juice, Milk **LUNCH** Crispy Chicken Sandwich ^ Broccoli Diced Carrots Applesauce, Grape Juice Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
October 19, 2020	**October 20, 2020**	**October 21, 2020**	**October 22, 2020**	**October 23, 2020**
BREAKFAST Cinnamon Toast Soft Filled Bar, Diced Pears, Orange Juice, Milk **LUNCH** BBQ Chicken Tater Tot-Chos Cornbread ^ Sun Splash Veggie Juice Craisins, Mixed Fruit Cup Milk	**BREAKFAST** Pancakes ^, Peach Cup, Blended Fruit Juice, Syrup, Milk **LUNCH** Corn Dog on a Stick Whole Kernel Corn, Green Beans Apple Cran Juice, Pineapple Cup Mustard, Ketchup Milk	**BREAKFAST** Cinnamon Flakes ^, Maple Breakfast Square ^, Pineapple Tidbits, Blended Fruit Juice, Milk **LUNCH** Beef Rib-B-Que Sandwich ^ Fiesta Beans French Fries Peach Cup, Blended Fruit Juice Milk	**BREAKFAST** Frosted Flakes ^, Apple Bar ^, Craisins, Orange Juice, Milk **LUNCH** Chick' n Nuggets w/Potato Wedges Cornbread ^, Diced Carrots Pineapple Cup, Apple Cran Juice BBQ Sauce, Ketchup Milk	**BREAKFAST** Turkey Ham & Cheese on English Muffin ^, Pineapple Tidbits, Grape Juice, Milk **LUNCH** Meatloaf w/Tomato Sauce & Breadstick ^ Green Beans, Potato Rounds Mixed Fruit Cup, Grape Juice Vanilla Cookie ^ Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
October 26, 2020	**October 27, 2020**	**October 28, 2020**	**October 29, 2020**	**October 30, 2020**
BREAKFAST Froot Loops ^, Graham Crackers ^, Pear Cup, Apple Cran Juice, Milk **LUNCH** Cheesy Buffalo Chicken Rotini Breadstick ^ Mixed Vegetables, Broccoli Orange Juice, Peach Cup Milk	**BREAKFAST** Pillsbury Grape Crescent ^, Peach Cup, Blended Fruit Juice, Milk **LUNCH** Crunchy Chicken Tenders Baked Beans, Diced Carrots Applesauce, Craisins Honey, Animal Crackers ^ Milk	**BREAKFAST** Banana Muffin ^, String Cheese, Mixed Fruit Cup, Grape Juice, Milk **Lunch** Nashville (Hot) Popcorn Chicken Flour Tortilla ^ French Fries, Green Beans Peach Cup, Blended Fruit Juice Milk	**Breakfast** Rice Krispies ^, Graham Crackers ^, Applesauce, Grape Juice, Milk **LUNCH** Pizza Dippers ^ Marinara Dipping Sauce Green Beans Applesauce, Orange Juice Milk	**Breakfast** Blueberry Muffin ^, String Cheese, Mixed Fruit Cup, Blended Fruit Juice, Milk **LUNCH** Penne Pasta w/Meatsauce Breadstick ^ Mixed Vegetables Peach Cup, Craisins 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 ****

Springs CHARTER SCHOOLS