Renaissance Valley Academy — Springs Charter Schools

October 2021

K-12 Breakfast & Lunch

				FRIDAY
				October 1, 2021
				**BREAKFAST** FRUITY CHEERIOS^, Strawberry Pancake Square^, Fresh Apple, Milk **LUNCH** TURKEY BOLOGNA SANDWICH^, Fresh Chopped Romaine, Fresh Broccoli Florets, Fresh Banana, Ranch Dressing, Mustard. Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
October 4, 2021	**October 5, 2021**	**October 6, 2021**	**October 7, 2021**	**October 8, 2021**
BREAKFAST FROSTED FLAKES^, Apple Bar^, Dried Cranberries, Orange-Tangerine Juice, Milk **LUNCH** CHEESE PUPUSA^, Green Beans, Diced Pears, Sun Splash Veggie Juice, Milk **HS 9-12 Additional Items:** Honey Roasted Sunflower Seeds, Mixed Vegetables, Fresh Apple Slices	**BREAKFAST** STRAWBERRY YOGURT, Granola^, Pineapple Tidbits, Grape Juice, Milk **LUNCH** HOMESTYLE SALISBURY STEAK W/GRAVY, California Blend Veggies, Diced Peaches, Milk **HS 9-12 Additional Items:** Corn, Broccoli, Fruit Punch Juice	**BREAKFAST** RICE KRISPIES^, Honey Grahams^, Fresh Apple, Milk **LUNCH** GRILLED CHEESE PANINI^, Potato Wedges, Diced Peaches, Ketchup, Milk **HS 9-12 Additional Items:** Fruit Punch Juice	**BREAKFAST** PILLSBURY GRAPE CRESCENT^, Fresh Banana, Fruit Punch Juice, Milk **LUNCH** CHEESEBURGER^, Baked Beans, Sunset Juice, Fresh Apple Slices, Ketchup, Milk **HS 9-12 Additional Items:** Grape Juice	**BREAKFAST** BLUBERRY MINI MUFFIN^, String Cheese, Fresh Apple, Milk **LUNCH** HERO SANDWICH^, Italian Corn Salad, Fresh Pear, Mustard, Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
October 11, 2021	**October 12, 2021**	**October 13, 2021**	**October 14, 2021**	**October 15, 2021**
BREAKFAST FRUITY CHEERIOS^, Maple Breakfast Square^, Craisins, Fruit Punch Juice, Milk **LUNCH** PIZZA DIPPERS^, Marinara Dipping Sauce, Sunset Juice, Applesauce, Milk **HS 9-12 Additional Items:** Grape Juice	**BREAKFAST** PLAIN BAGEL^, Cream Cheese, Mixed Fruit, Apple Juice, Milk **LUNCH** CRUNCHY CHICKEN TENDERS^, BEAN & CHEESE BURRITO^, Corn, Diced Pears, BBQ Sauce, Milk **HS 9-12 Additional Items:** Cheddar Sun Chips, Green Beans	**BREAKFAST** BANANA MINI MUFFIN^, String Cheese, Fresh Apple, Milk **LUNCH** MOROCCAN MEATBALL W/PEARL COUSCOUS, MINI CHEESE RAVIOLI W/SAUCE^, Broccoli, Fresh Banana, Vanilla **HS 9-12 Additional Items:** Apple Juice	**BREAKFAST** RASPBERRY CHERRY YOGURT, Granola^, Fresh Banana, Grape Juice, Milk **LUNCH** HOT DOG^, GRILLED CHEESE PANINI^, Potato Rounds, French Fries, Baked Beans, Orange Juice, Ketchup, Milk **HS 9-12 Additional Items:** Applesauce, Orange Juice, Fritos^	**BREAKFAST** FROSTED FLAKES^, Vanilla Waffle Square^, Fresh Apple, Milk **LUNCH** TURKEY BOLOGNA SANDWICH^, Fresh Chopped Romaine, Fresh Broccoli Florets, Fresh Banana, Ranch Dressing,
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
October 18, 2021	**October 19, 2021**	**October 20, 2021**	**October 21, 2021**	**October 22, 2021**
BREAKFAST RICE KRISPIES^, Strawberry Pancake Square^, Craisins, Apple Juice, Milk **LUNCH** MAC & CHEESE^, Country Blend Vegetables, Diced Pears, Milk **HS 9-12 Addtional Items:** Cornbread^, Green Beans, Fruit Punch Juice	**BREAKFAST** CHERRY FRUDEL^, Diced Peaches, Fruit Punch Juice, Milk **LUNCH** CRISPY CHICKEN BURGER^, Broccoli, Diced Peaches, BBQ Sauce, Milk **HS 9-12 Addtional Items:** Corn, Grape Juice	**BREAKFAST** DOUBLE CHOCOLATE MINI MUFFIN^, String Cheese, Fresh Apple, Milk **LUNCH** GALAXY CHEESE PIZZA^, Potato Wedges, Orange Juice, Milk **HS 9-12 Addtional Items:** Craisins	**BREAKFAST** CIINNAMON FLAKES^, Apple Bar^, Fresh Banana, Orange-Tangerine Juice, Milk **LUNCH** CHEESY TACO MEAT, BEAN & CHEESE BURRITO, Tortilla Rounds^, Salsa Cup, Corn, Fresh Apple Slices, Milk **HS 9-12 Addtional Items:** Orange Juice, Chocolate Cookie	**BREAKFAST** STRAWBERRY YOGURT, Granola^, Fresh Apple, Milk **LUNCH** HERO SANDWICH^, Italian Corn Salad, Fresh Pear, Mustard, Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	
October 25, 2021	**October 26, 2021**	**October 27, 2021**	**October 28, 2021**	**October 29, 2021**
BREAKFAST APPLE CINNAMON CHEERIOS^, Honey Grahams^, Craisins, Orange-Tangerine Juice, Milk **LUNCH** PIZZA DIPPERS^, Marinara Dipping Sauce, Tropical Veggie Juice, Applesauce, Milk	**BREAKFAST** RASPBERRY CHERRY YOGURT, Granola^, Mixed Fruit Cup, Apple Juice, Milk **LUNCH** BEAN & CHEESE BURRITO^, Corn, Orange Juice, Salsa Cup, Milk **HS 9-12 Additional Items:** Tortilla Rounds, Diced Peaches, Craisins, Chocolate Cookie	**BREAKFAST** TRIX^, Maple Breakfast Square^, Fresh Apple, Milk **LUNCH** MINI CHEESE RAVIOLI W/SAUCE^, Breadstick^, Sunset Juice, Fresh Banana, Milk **HS 9-12 Additional Items:** Green Beans, Orange Juice	**BREAKFAST** CINNAMON BUN^, Fresh Banana, Fruit Punch Juice, Milk **LUNCH** CHICKEN NUGGETS^, MAC & CHEESE, Broccoli, Diced Peaches, Vanilla Cookie^, BBQ Sauce, Milk **HS 9-12 Additional Items:** Corn, Fruit Punch Juice	**BREAKFAST** CHERRY BREAKFAST BAR^, String Cheese, Fresh Apple, Milk **LUNCH** TURKEY BOLOGNA SANDWICH^, Fresh Chopped Romaine, Fresh Broccoli Florets, Fresh Banana, Ranch Dressing, Mustard, 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 ****