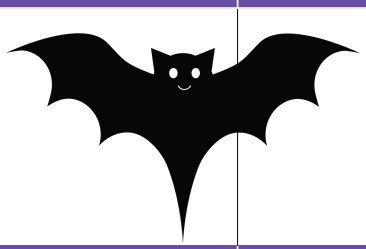
SPRINGS CHARTER SCHOOLS
RANCHO CUCAMONGA
PERSONALIZED LEARNING CENTER

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** TURKEY CHEESE SANDWICH^, Fresh Baby Carrots, Sun Splash Veggie Juice, Applesauce, Ranch Dressing Mustard, Milk	**BREAKFAST** STRAWBERRY YOGURT, Granola^, Pineapple Tidbits, Grape Juice, Milk **LUNCH** TURKEY HAM & CHEESE SANDWICH^, Italian Corn Salad, Pineapple Tidbits, Mustard, Milk	**BREAKFAST** RICE KRISPIES^, Honey Grahams^, Fresh Apple, Milk **LUNCH** TURKEY BOLOGNA SANDWICH^, Fresh Chopped Romaine, Fresh Cauliflower Florets, Diced peaches, Ranch Dressing, Mustard, Milk	**BREAKFAST** PILLSBURY GRAPE CRESCENT^, Fresh Banana, Fruit Punch Juice, Milk **LUNCH** STRAWBERRY YOGURT, String Cheese, Tropical Veggie Juice, Fresh Orange, Cornbread^, Milk	**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** STRAWBERRY YOGURT, Cornbread^, String Cheese, Tropical Veggie Juice, Fresh Orange, Milk	**BREAKFAST** PLAIN BAGEL^, Cream Cheese, Mixed Fruit, Apple Juice, Milk **LUNCH** TURKEY HAM & CHEESE^, Sun Splash Veggie Juice, Fresh Baby Carrots, Mixed Fruit, Ranch Dressing, Mustard, Milk	**BREAKFAST** BANANA MINI MUFFIN^, String Cheese, Fresh Apple, Milk **LUNCH** TURKEY & CHEESE SANDWICH^, Hummus Cup, Fresh Baby Carrots, Orange Tangerine Juice, Mustard, Milk	**BREAKFAST** RASPBERRY CHERRY YOGURT, Granola^, Fresh Banana, Grape Juice, Milk **LUNCH** HERO SANDWICH^, Italian Corn Salad, Fresh Apple Slices, Mustard, Milk	**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** TURKEY & CHEESE SANDWICH^, Fresh Baby Carrots, Sun Splash Veggie Juice, Applesauce, Ranch Dressing Mustard, Milk	**BREAKFAST** CHERRY FRUDEL^, Diced Peaches, Fruit Punch Juice, Milk **LUNCH** VANILLA YOGURT, Cinnamon Bun^, String Cheese, Tropical Veggie Juice, Diced Pears, Milk	**BREAKFAST** DOUBLE CHOCOLATE MINI MUFFIN^, String Cheese, Fresh Apple, Milk **LUNCH** TURKEY BOLOGNA SANDWICH^, Fresh Chopped Romaine, Fresh Cauliflower Florets, Diced Peaches, Ranch Dressing, Mustard, Milk	**BREAKFAST** CIINNAMON FLAKES^, Apple Bar^, Fresh Banana, Orange-Tangerine Juice, Milk **LUNCH** TURKEY HAM & CHEESE SANDWICH^, Hummus Cup, Fresh Baby Carrots, Fresh Orange, Mustard, Milk	**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** STRAWBERRY YOGURT, Cornbread^, String Cheese, Tropical Veggie Juice, Fresh Orange, Milk	**BREAKFAST** RASPBERRY CHERRY YOGURT, Granola^, Mixed Fruit Cup, Apple Juice, Milk **LUNCH** TURKEY HAM & CHEESE^, Sun Splash Veggie Juice, Fresh Baby Carrots, Mixed Fruit, Ranch Dressing, Mustard, Milk	**BREAKFAST** TRIX^, Maple Breakfast Square^, Fresh Apple, Milk **LUNCH** TURKEY & CHEESE SANDWICH^, Hummus Cup, Fresh Baby Carrots, Orange Tangerine Juice, Mustard, Milk	**BREAKFAST** CINNAMON BUN^, Fresh Banana, Fruit Punch Juice, Milk **LUNCH** HERO SANDWICH^, Italian Corn Salad, Fresh Apple Slices, Mustard, Milk	**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 ****