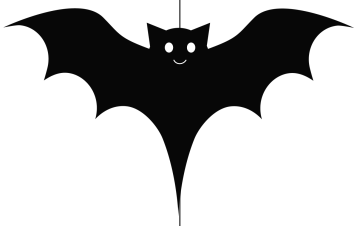
SPRINGS CHARTER SCHOOLS
Temecula STUDENT CENTER
EDUCATION IS OUR MASTERPIECE

October 2021

K-8 Breakfast & Lunch

				FRIDAY
				October 1, 2021
				**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** CHEESE PENNE BAKE^, Fresh Broccoli Florets, Fresh Baby Carrots, Fresh Banana, Ranch Dressing, 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** SLOPPY JOE BURGER^, Green Beans, Diced Pears, Sun Splash Veggie Juice, Milk **Vegetarian Option** CHEESE PUPUSA^, Green Beans, Diced Pears, Sun Splash Veggie Juice, Milk	**BREAKFAST** STRAWBERRY YOGURT, Granola^, Pineapple Tidbits, Grape Juice, Milk **LUNCH** HOMESTYLE SALISBURY STEAK W/GRAVY, California Blend Veggies, Diced Peaches, Milk **Vegetarian Option** MONTEREY VEGETARIAN PATTY, Hamburger Bun^, California Blend Veggies, Diced Peaches, 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** CHEESEBURGER^, Baked Beans, Sunset Juice, Fresh Apple Slices, Ketchup, Milk **Vegetarian Option** MINI CHEESE RAAVIOLI W/SAUCE^, Sunset Juice, Fresh Apple Slices, Milk	**BREAKFAST** BLUBERRY MINI MUFFIN^, String Cheese, Fresh Apple, Milk **LUNCH** TURKEY & CHEESE SANDWICH^, Country Blend Veggies, Fresh Banana, Mayo, Milk **Vegetarian Option** BEAN & CHEESE BURRITO^, Country Blend Veggies, Fresh Banana, Taco Sauce, 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	**BREAKFAST** PLAIN BAGEL^, Cream Cheese, Mixed Fruit, Apple Juice, Milk **LUNCH** CRUNCHY CHICKEN TENDERS^, Corn, Diced Pears, BBQ Sauce, Milk **Vegetarian Option** BEAN & CHEESE BURRITO^, Corn, Diced Pears, Taco Sauce, 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** HOT DOG^, Potato Rounds, Baked Beans, Orange Juice, Ketchup, Milk **Vegetarian Option** GRILLED CHEESE PANINI^, French Fries, Baked Beans, Orange Juice, Milk	**BREAKFAST** FROSTED FLAKES^, Vanilla Waffle Square^, Fresh Apple, Milk **LUNCH** GENERAL TSO'S CHICKEN & NOODLES^, Mixed Veggies, Diced Peaches, Milk **Vegetarian Option** BEAN & CHEESE EMPANADA^, Mixed Veggies, Diced Peaches, Milk
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	**BREAKFAST** CHERRY FRUDEL^, Diced Peaches, Fruit Punch Juice, Milk **LUNCH** CRISPY CHICKEN BURGER^, Broccoli, Diced Peaches, BBQ Sauce, Milk **Vegetarian Option** MINI CHEESE RAVIOLI W/SAUCE^, Breadstick^, Broccoli, Diced Peaches, 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** CHEESY TACO MEAT, Tortilla Rounds^, Salsa Cup, Corn, Fresh Apple Slices, Milk **Vegetarian Option** BEAN & CHEESE BURRITO^, Salsa Cup, Corn, Fresh Apple Slices, Milk	**BREAKFAST** STRAWBERRY YOGURT, Granola^, Fresh Apple, Milk **LUNCH** HAMBURGER^, Baked Beans, Sunset Juice, Fresh Banana, Ketchup, Milk **Vegetarian Option** GRILLED CHEESE PANINI^, Baked Beans, Sunset Juice, Fresh Banana, 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** BBQ CHICKEN TATER TOT-CHOS, Tortilla Rounds^, Corn, Orange Juice, Milk **Vegetarian Option** BEAN & CHEESE BURRITO^, Corn, Orange Juice, Salsa Cup, 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** CHICKEN NUGGETS^, Broccoli, Diced Peaches, Vanilla Cookie^, BBQ Sauce, Milk **Vegetarian Option** MAC & CHEESE^, Broccoli, Diced Peaches, Vanilla Cookie^, Milk	**BREAKFAST** CHERRY BREAKFAST BAR^, String Cheese, Fresh Apple, Milk **LUNCH** MEATBALL SUB^, Diced Carrots, Baked Beans, Diced Pears, Milk **Vegetarian Option** GRILLED CHEESE PANINI^, Diced Carrots, Baked Beans, Diced Pears, 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 ****