Hemet STUDENT CENTER SPRINGS CHARTER SCHOOLS

September 2021

K-12 Breakfast & Lunch

		WEDNESDAY	THURSDAY	FRIDAY
		September 1, 2021	September 2, 2021	September 3, 2021
		BREAKFAST RICE KRISPIES^, Honey Grahams^, Fresh Apple, Milk **LUNCH** TURKEY & CHEESE SANDWICH^, Hummus Cup, Fresh Baby Carrots, Orange Tangerine Juice, Mustard, Milk	**BREAKFAST** PILLSBURY GRAPE CRESCENT^, Fresh Banana, Fruit Punch Juice, Milk **LUNCH** HERO SANDWICH^, Italian Corn Salad, Fresh Apple Slices, Mustard, Milk	**BREAKFAST** BLUEBERRY MINI MUFFIN^, String Cheese, Fresh Apple, Milk **LUNCH** TURKEY BOLOGNA SANDWICH^, Fresh Chopped Romain, Fresh Brocooli Florest, Fresh Banana, Ranch Dressing, Mustard Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
September 6, 2021	**September 7, 2021**	**September 8, 2021**	**September 9, 2021**	**September 10, 2021**
LABOR DAY	**BREAKFAST** FROSTED FLAKES^, Maple Breakfast Square^, Dried Cranberries, Fruit Punch Juice, Milk **LUNCH** TURKEY & CHEESE SANDWICH^, Fresh Baby Carrots, Sun Splash Veggie Juice, Applesauce, Ranch Dressing Mustard, Milk	**BREAKFAST** BANANA MINI MUFFIN^, String Cheese, Fresh Apple, Milk **LUNCH** TURKEY BOLOGNA SANDWICH^, Fresh Chopped Romaine, Fresh Broccoli Florets, Fresh Banana, Ranch Dressing, Mustard. Milk	**BREAKFAST** RASPBERRY-CHERRY YOGURT, Granola^, Fresh Banana, Grape Juice, Milk **LUNCH** TURKEY HAM & CHEESE SANDWICH^, Hummus Cup, Fresh Baby Carrots, Fresh Orange, Mustard, Milk	**BREAKFAST** FROSTED FLAKES^, Vanilla Waffle Square^, Fresh Apple, Milk **LUNCH** HERO SANDWICH^, Italian Corn Salad, Fresh Apple Slices, Mustard, Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
September 13, 2021	**September 14, 2021**	**September 15, 2021**	**September 16, 2021**	**September 17, 2021**
BREAKFAST RICE KRISPIES^, Strawberry Pancake Square^, Dried Cranberries, Apple Juice, Milk **LUNCH** STRAWBERRY YOGURT, Cornbread^, String Cheese, Tropical Veggie Juice, Fresh Orange, Milk	**BREAKFAST** CHERRY FRUDEL^, Diced Peaches, Fruit Punch Juice, Milk **LUNCH** TURKEY HAM & CHEESE^, Sun Splash Veggie Juice, Fresh Baby Carrots, Mixed Fruit, Ranch Dressing, Mustard, Milk	**BREAKFAST** DOUBLE CHOCOLATE MINI MUFFIN^, String Cheese, Fresh Apple, Milk **LUNCH** TURKEY & CHEESE SANDWICH^, Hummus Cup, Fresh Baby Carrots, Orange Tangerine Juice, Mustard, Milk	**BREAKFAST** CINNAMON FLAKES^, Apple Bar^, Fresh Banana, Orange Tangerine Juice, Milk **LUNCH** HERO SANDWICH^, Italian Corn Salad, Fresh Apple Slices, Mustard, Milk	**BREAKFAST** STRAWBERRY YOGURT, Granola^, Fresh Apple, Milk **LUNCH** TURKEY BOLOGNA SANDWICH^, Fresh Chopped Romaine, Fresh Broccoli Florets, Fresh Banana, Ranch Dressing,
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
September 20, 2021	**September 21, 2021**	**September 22, 2021**	**September 23, 2021**	**September 24, 2021**
BREAKFAST APPLE CINNAMON CHEERIOS^, Honey Grahams^, Craisins, Orange-Tangerine Juice, Milk **LUNCH** TURKEY & CHEESE SANDWICH^, Fresh Baby Carrots, Sun Splash Veggie Juice, Applesauce, Ranch Dressing Mustard, Milk	**BREAKFAST** RASPBERRY CHERRY YOGURT, Granola^, Mixed Fruit Cup, Apple Juice, MIlk **LUNCH** VANILLA YOGURT, Cinnamon Bun^, String Cheese, Tropical Veggie Juice, Diced Pears, Milk	**BREAKFAST** TRIX^, Maple Breakfast Square^, Fresh Apple, MIlk **LUNCH** TURKEY BOLOGNA SANDWICH^, Fresh Chopped Romaine, Fresh Broccoli Florets, Fresh Banana, Ranch Dressing, Mustard, Milk	**BREAKFAST** CINNAMON BUN^, Fresh Banana, Fruit Punch Juice, Milk **LUNCH** TURKEY HAM & CHEESE SANDWICH^, Hummus Cup, Fresh Baby Carrots, Fresh Orange, Mustard, Milk	**BREAKFAST** CHERRY BREAKFAST BAR^, String Cheese, Fresh Apple, Milk **LUNCH** HERO SANDWICH^, Italian Corn Salad, Fresh Apple Slices, Mustard, Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	
September 27, 2021	**September 28, 2021**	**September 29, 2021**	**September 30, 2021**	
BREAKFAST CINNAMON FLAKES^, Vanilla Waffle Square^, Craisins, Grape Juice, Milk **LUNCH** STRAWBERRY YOGURT, Cornbread^, String Cheese, Tropical Veggie Juice, Fresh Orange, Milk	**BREAKFAST** PLAIN BAGEL^, Cream Cheese, Diced Pears, Orange Tangerine Juice, Milk **LUNCH** TURKEY HAM & CHEESE^, Sun Splash Veggie Juice, Fresh Baby Carrots, Mixed Fruit, Ranch Dressing, Mustard, Milk	**BREAKFAST** DOUBLE CHOCOLATE MINI MUFFIN^, String Cheese, Fresh Apple, Milk **LUNCH** TURKEY & CHEESE SANDWICH^, Hummus Cup, Fresh Baby Carrots, Orange Tangerine Juice, Mustard, Milk	**BREAKFAST** VANILLA YOGURT, Granola^, Fresh Banana, Apple Juice, Milk **LUNCH** HERO SANDWICH^, Italian Corn Salad, Fresh Apple Slices, 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 ****