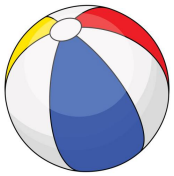
SPRINGS CHARTER SCHOOLS
Temecula
EDUCATION IS OUR MASTERPIECE
STUDENT CENTER

August 2021

High School Breakfast & Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 2, 2021	August 3, 2021	August 4, 2021	August 5, 2021	August 6, 2021
				
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
August 9, 2021	August 10, 2021	August 11, 2021	August 12, 2021	August 13, 2021
				
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
August 16, 2021	August 17, 2021	August 18, 2021	August 19, 2021	August 20, 2021
		**Non-Student Day**	**BREAKFAST** RICE KRISPIES ^, Crispy Granola Bites ^, Seedless Raisins, Fruit Punch Juice, Milk **LUNCH** TACO JOE, Hamburger Bun ^, Baked Beans, Fresh Apple, Taco Sauce, Milk **Vegetarian Option** BEAN & CHEESE EMPANADA ^, Green Beans, Baked Beans, Taco Sauce, Fresh Apple, Milk	**BREAKFAST** BAGEL ^, Cream Cheese, Seedless Raisins, Apple Juice, Milk **LUNCH** PANCAKES ^ & SAUSAGE, Golden Potato Rounds, Dragon Punch Veggie Juice, Fresh Orange, Fresh Plum, Syrup, Ketchup, Milk **Vegetarian Option** EGG & CHEESE BAGEL ^, Golden Potato Rounds, Dragon Punch Veggie Juice, Fresh Orange, Fresh Plum, Ketchup, Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
August 23, 2021	August 24, 2021	August 25, 2021	August 26, 2021	August 27, 2021
BREAKFAST CINNAMON TOAST CRUNCH ^, Vanilla Waffle Square ^, Dried Cranberries, Grape Juice, Milk **LUNCH** CHEESE PIZZA ^, Tostito Tortilla Rounds ^, Corn, Jalapenos, Fresh Pear, Apple Juice, Milk	**BREAKFAST** PLAIN BAGEL ^, Cream Cheese, Diced Pears, Orange-Tangerine Juice, Milk **LUNCH** 4-CHEESE PANINI ^, Green Beans, Potato Wedges, Grape Juice, Fresh Nectarine, Ketchup, Milk	**Non-Student Day**	**BREAKFAST** VANILLA YOGURT, Granola ^, Apple Juice, Fresh Pear, Milk **LUNCH** MAC & CHEESE ^, Baked Beans, Fritos ^, Baked Beans, Mixed Vegetables, Fresh Apple, Milk	**BREAKFAST** FROSTED FLAKES ^, Strawberry Pancake Square ^, Fresh Apple, Milk **LUNCH** CHEESY MEATBALL MAC ^, Fresh Broccoli Florets, Diced Carrots, Fresh Banana, Fruit Punch Juice, Vanilla Cookie ^, Ranch Dressing, Milk **Vegetarian Option** CHEESY BAKED PENNE^, Fresh Broccoli Florets, Diced Carrots, Fresh Banana, Fruit Punch Juice, Vanilla Cookie ^, Ranch Dressing, Milk
MONDAY	**TUESDAY**			
August 30, 2021	August 31, 2021			
BREAKFAST FROSTED CORN FLAKES ^, Apple Breakfast Bar ^, Dried Cranberries, Orange-Tangerine Juice, Milk **LUNCH** BEAN & CHEESE PAPUSA ^, Green Beans, Diced Pears, Salsa, Milk	**BREAKFAST** STRAWBERRY YOGURT, Granola ^, Fresh Orange, Grape Juice, Milk **LUNCH** CHICKEN & GREEN CHILI TAMALE ^, Baked Beans, Mixed Vegetables, Fresh Apple, Hot Sauce Milk **Vegetarian Option** BBQ VEGAN CHICKEN w/CARROTS, Hamburger Bun ^, Mashed Potatoes, Sun Splash Veggie Juice, Fresh Peach, 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 ****

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all program /or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.nscr.usda.gov/complaint filing cust.html, or at any USDA office, or call (866)632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington D.C. 20250- 9410, by fax (202)690-7442 or email program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339 or (800)845-6136 (Spanish). USDA is an equal opportunity provider employer.