



SPRINGS
CHARTER SCHOOLS

January 2022

K-8 Breakfast & Lunch



MONDAY January 3, 2022	TUESDAY January 4, 2022	WEDNESDAY January 5, 2022	THURSDAY January 6, 2022	FRIDAY January 7, 2022
VIRTUAL LEARNING	VIRTUAL LEARNING	VIRTUAL LEARNING	VIRTUAL LEARNING	VIRTUAL LEARNING
MONDAY January 10, 2022	TUESDAY January 11, 2022	WEDNESDAY January 12, 2022	THURSDAY January 13, 2022	FRIDAY January 14, 2022
BREAKFAST TRIX CEREAL [^] , Graham Crackers [^] , Strawberry-Kiwi Juice, Dried Cranberries, Milk LUNCH STRAWBERRY BANANA YOGURT, Honey Roasted Sunflower Seeds, Granola [^] , Animal Crackers [^] , Mango Wango Veggie Juice, Pineapple Tidbits, Milk	BREAKFAST RICE CHEX [^] , Vanilla Breakfast Square [^] , Grape Juice, Dried Cranberries, Milk LUNCH VANILLA YOGURT, String Cheese, Tropical Veggie Juice, Diced Pears, Cornbread [^] , Milk	BREAKFAST CINNAMON TOAST CRUNCH [^] , Graham Crackers [^] , Strawberry-Kiwi Juice, Dried Cranberries, Milk LUNCH TURKEY BOLOGNA SANDWICH [^] , Fresh Chopped Romaine, Fresh Cauliflower Florets, Light French Dressing, Diced Peaches, Mustard, Milk	BREAKFAST COCOA PUFFS [^] , Strawberry Breakfast Square [^] , Fruit Punch Juice, Diced Peaches, Milk LUNCH TURKEY HAM & CHEESE SANDWICH [^] , Hummus Cup, Fresh Baby Carrots, Fresh Orange, Mustard, Milk	BREAKFAST FRUITY CHERIOS [^] , Maple Breakfast Square [^] , Orange-Tangerine Juice, Dried Cranberries, Milk LUNCH HERO SANDWICH [^] , Chile Lime Roasted Chickpeas, Fresh Broccoli Florets, Fresh Pear, Ranch Dressing, Mustard, Milk
MONDAY January 17, 2022	TUESDAY January 18, 2022	WEDNESDAY January 19, 2022	THURSDAY January 20, 2022	FRIDAY January 21, 2022
MARTIN LUTHER KING, JR. DAY	BREAKFAST RICE CHEX [^] , Vanilla Breakfast Square [^] , Grape Juice, Dried Cranberries, Milk LUNCH TURKEY HAM & CHEESE SANDWICH [^] , Sun Splash Veggie Juice, Fresh Baby Carrots, Light Ranch Dressing, Mixed Fruit, Mustard, Milk	BREAKFAST CINNAMON TOAST CRUNCH [^] , Graham Crackers [^] , Strawberry-Kiwi Juice, Dried Cranberries, Milk LUNCH TURKEY & CHEESE SANDWICH [^] , Hummus Cup, Fresh Baby Carrots, Orange-Tangerine Juice, Mustard, Milk	BREAKFAST COCOA PUFFS [^] , Strawberry Breakfast Square [^] , Fruit Punch Juice, Diced Peaches, Milk LUNCH HERO SANDWICH [^] , Italian Corn Salad, Fresh Apple Slices, Mustard, Milk	BREAKFAST FRUITY CHERIOS [^] , Maple Breakfast Square [^] , Orange-Tangerine Juice, Dried Cranberries, Milk LUNCH TURKEY BOLOGNA SANDWICH [^] , Fresh Chopped Romaine, Fresh Broccoli Florets, Light Ranch Dressing, Fresh Banana, Mustard, Milk
MONDAY January 24, 2022	TUESDAY January 25, 2022	WEDNESDAY January 26, 2022	THURSDAY January 27, 2022	FRIDAY January 28, 2022
TRIX CEREAL [^] , Graham Crackers [^] , Strawberry-Kiwi Juice, Dried Cranberries, Milk LUNCH TURKEY & CHEESE SANDWICH [^] , Fresh Baby Carrots, Light Ranch Dressing, Sun Splash Veggie Juice, Applesauce, Mustard, Milk	BREAKFAST RICE CHEX [^] , Vanilla Breakfast Square [^] , Grape Juice, Dried Cranberries, Milk LUNCH VANILLA YOGURT, String Cheese, Tropical Veggie Juice, Diced Pears, Cornbread [^] , Milk	BREAKFAST CINNAMON TOAST CRUNCH [^] , Graham Crackers [^] , Strawberry-Kiwi Juice, Dried Cranberries, Milk LUNCH TURKEY BOLOGNA SANDWICH [^] , Fresh Chopped Romaine, Fresh Cauliflower Florets, Light French Dressing, Diced Peaches, Mustard, Milk	BREAKFAST COCOA PUFFS [^] , Strawberry Breakfast Square [^] , Fruit Punch Juice, Diced Peaches, Milk LUNCH TURKEY HAM & CHEESE SANDWICH [^] , Hummus Cup, Fresh Baby Carrots, Fresh Orange, Mustard, Milk	BREAKFAST FRUITY CHERIOS [^] , Maple Breakfast Square [^] , Orange-Tangerine Juice, Dried Cranberries, Milk LUNCH HERO SANDWICH [^] , Italian Corn Salad, Fresh Pear, Mustard, Milk
MONDAY January 31, 2022	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST TRIX CEREAL [^] , Graham Crackers [^] , Strawberry-Kiwi Juice, Dried Cranberries, Milk LUNCH STRAWBERRY YOGURT, String Cheese, Tropical Veggie Juice, Fresh Orange, Cornbread [^] , Milk				*Menu Subject to Change*

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS and CHOICE OF 1% OR FAT FREE WHITE MILK

[^] Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider ***

Revised 01/07/22