



SPRINGS  
CHARTER SCHOOLS

# May 2022

## K-8 Breakfast & Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 2, 2022	May 3, 2022	May 4, 2022	May 5, 2022	May 6, 2022
<b>BREAKFAST</b> TRIX CEREAL <sup>^</sup> , Graham Crackers <sup>^</sup> , Strawberry-Kiwi Juice, Dried Cranberries, Milk <b>LUNCH</b> TURKEY & CHEESE SANDWICH <sup>^</sup> , Fresh Baby Carrots, Ranch Dressing, Sun Splash Veggie Juice, Applesauce, Mustard, Milk	<b>BREAKFAST</b> RICE CHEX <sup>^</sup> , Vanilla Waffle Breakfast Square <sup>^</sup> , Grape Juice, Dried Cranberries, Milk <b>LUNCH</b> VANILLA YOGURT, String Cheese, Tropical Veggie Juice, Diced Pears, Cornbread <sup>^</sup> , Milk	<b>BREAKFAST</b> CINNAMON TOAST CRUNCH <sup>^</sup> , Graham Crackers <sup>^</sup> , Strawberry-Kiwi Juice, Dried Cranberries, Milk <b>LUNCH</b> TURKEY BOLOGNA SANDWICH <sup>^</sup> , Fresh Chopped Romaine (IW), Fresh Cauliflower Florets (IW), French Dressing, Diced Peaches, Mustard, Milk	<b>BREAKFAST</b> COCOA PUFFS <sup>^</sup> , Strawberry Breakfast Square <sup>^</sup> , Blended Fruit Juice, Peach Cup, Milk <b>LUNCH</b> TURKEY HAM & CHEESE SANDWICH <sup>^</sup> , Hummus Cup, Fresh Baby Carrots, Fresh Orange, Mustard, Milk	<b>BREAKFAST</b> FRUITY CHEERIOS <sup>^</sup> , Maple Breakfast Square <sup>^</sup> , Orange-Tangerine Juice, Dried Cranberries, Milk <b>LUNCH</b> HERO SANDWICH <sup>^</sup> , Italian Corn Salad, Fresh Pear, Mustard, Milk
May 9, 2022	May 10, 2022	May 11, 2022	May 12, 2022	May 13, 2022
<b>BREAKFAST</b> TRIX CEREAL <sup>^</sup> , Graham Crackers <sup>^</sup> , Strawberry-Kiwi Juice, Dried Cranberries, Milk <b>LUNCH</b> STRAWBERRY YOGURT, String Cheese, Tropical Veggie Juice, Fresh Orange, Cornbread <sup>^</sup> , Milk	<b>BREAKFAST</b> RICE CHEX <sup>^</sup> , Vanilla Waffle Breakfast Square <sup>^</sup> , Grape Juice, Dried Cranberries, Milk <b>LUNCH</b> TURKEY HAM & CHEESE SANDWICH <sup>^</sup> , Sun Splash Veggie Juice, Fresh Baby Carrots, Ranch Dressing, Mixed Fruit, Mustard, Milk	<b>BREAKFAST</b> CINNAMON TOAST CRUNCH <sup>^</sup> , Graham Crackers <sup>^</sup> , Strawberry-Kiwi Juice, Dried Cranberries, Milk <b>LUNCH</b> TURKEY & CHEESE SANDWICH <sup>^</sup> , Hummus Cup, Fresh Baby Carrots, Orange-Tangerine Juice, Mustard, Milk	<b>BREAKFAST</b> COCOA PUFFS <sup>^</sup> , Strawberry Breakfast Square <sup>^</sup> , Blended Fruit Juice, Peach Cup, Milk <b>LUNCH</b> HERO SANDWICH <sup>^</sup> , Italian Corn Salad, Sliced Apples, Mustard, Milk	<b>BREAKFAST</b> FRUITY CHEERIOS <sup>^</sup> , Maple Breakfast Square <sup>^</sup> , Orange-Tangerine Juice, Dried Cranberries, Milk <b>LUNCH</b> TURKEY BOLOGNA SANDWICH <sup>^</sup> , Fresh Chopped Romaine (IW), Fresh Broccoli Florets (IW), French Dressing, Fresh Banana, Mustard, Milk
May 16, 2022	May 17, 2022	May 18, 2022	May 19, 2022	May 20, 2022
<b>BREAKFAST</b> TRIX CEREAL <sup>^</sup> , Graham Crackers <sup>^</sup> , Strawberry-Kiwi Juice, Dried Cranberries, Milk <b>LUNCH</b> TURKEY & CHEESE SANDWICH <sup>^</sup> , Fresh Baby Carrots, Ranch Dressing, Sun Splash Veggie Juice, Applesauce, Mustard, Milk	<b>BREAKFAST</b> RICE CHEX <sup>^</sup> , Vanilla Waffle Breakfast Square <sup>^</sup> , Grape Juice, Dried Cranberries, Milk <b>LUNCH</b> VANILLA YOGURT, String Cheese, Tropical Veggie Juice, Diced Pears, Cornbread <sup>^</sup> , Milk <b>MINIMUM DAY</b>	<b>BREAKFAST</b> CINNAMON TOAST CRUNCH <sup>^</sup> , Graham Crackers <sup>^</sup> , Strawberry-Kiwi Juice, Dried Cranberries, Milk <b>LUNCH</b> TURKEY BOLOGNA SANDWICH <sup>^</sup> , Fresh Chopped Romaine (IW), Fresh Cauliflower Florets (IW), French Dressing, Diced Peaches, Mustard, Milk <b>MINIMUM DAY</b>	<b>BREAKFAST</b> COCOA PUFFS <sup>^</sup> , Strawberry Breakfast Square <sup>^</sup> , Blended Fruit Juice, Peach Cup, Milk <b>LUNCH</b> TURKEY HAM & CHEESE SANDWICH <sup>^</sup> , Hummus Cup, Fresh Baby Carrots, Fresh Orange, Mustard, Milk	<b>BREAKFAST</b> FRUITY CHEERIOS <sup>^</sup> , Maple Breakfast Square <sup>^</sup> , Orange-Tangerine Juice, Dried Cranberries, Milk <b>LUNCH</b> HERO SANDWICH <sup>^</sup> , Italian Corn Salad, Fresh Pear, Mustard, Milk
May 23, 2022	May 24, 2022	May 25, 2022	May 26, 2022	May 27, 2022
<b>BREAKFAST</b> TRIX CEREAL <sup>^</sup> , Graham Crackers <sup>^</sup> , Strawberry-Kiwi Juice, Dried Cranberries, Milk <b>LUNCH</b> STRAWBERRY YOGURT, String Cheese, Tropical Veggie Juice, Fresh Orange, Cornbread <sup>^</sup> , Milk <b>MINIMUM DAY</b>	<b>BREAKFAST</b> RICE CHEX <sup>^</sup> , Vanilla Waffle Breakfast Square <sup>^</sup> , Grape Juice, Dried Cranberries, Milk <b>LUNCH</b> TURKEY HAM & CHEESE SANDWICH <sup>^</sup> , Sun Splash Veggie Juice, Fresh Baby Carrots, Ranch Dressing, Mixed Fruit, Mustard, Milk <b>MINIMUM DAY</b>	<b>BREAKFAST</b> CINNAMON TOAST CRUNCH <sup>^</sup> , Graham Crackers <sup>^</sup> , Strawberry-Kiwi Juice, Dried Cranberries, Milk <b>LUNCH</b> TURKEY & CHEESE SANDWICH <sup>^</sup> , Hummus Cup, Fresh Baby Carrots, Orange-Tangerine Juice, Mustard, Milk <b>MINIMUM DAY</b>		<b>**MENU SUBJECT TO CHANGE**</b>
May 30, 2022	May 31, 2022			



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

<sup>^</sup> Denotes item is whole-grain/whole wheat

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