

August

Springs Empower Academy Charter School

26/27 Springs Empower Lunch Menu

Lunch Entree Grilled Chicken Sandwich Vegetables Cucumber Slices Fruit Granny Smith Apple Grains Graham Crackers Milk 1% Milk Fat Free Chocolate Milk	10	Lunch Entree Walking Taco Vegetables Baby Carrots Black Beans Fruit Fresh Orange Milk 1% Milk Fat Free Chocolate Milk	11	Lunch Entree Chicken Teriyaki Garden Salad Cup w/ Ranch Dressing & WG Roll Vegetables Cucumber Slices Fruit Granny Smith Apple Grains Brown Rice Milk 1% Milk Fat Free Chocolate Milk	12	Lunch Entree Chicken and Waffles with Syrup Vegetables Cheesy Broccoli Black Beans Shoestring French Fries Fruit Cantaloupe Chunks Honeydew Melon Milk 1% Milk Fat Free Chocolate Milk	13	Lunch Entree Pepperoni Pizza Cheese Pizza Vegetables Baby Carrots Cucumber Slices Fruit Fresh Orange Milk 1% Milk Fat Free Chocolate Milk	14
Lunch Entree Mini Corn Dogs Vegetables Triangle Hashbrown Patties Baby Carrots Baked Beans Fruit Granny Smith Apple Milk 1% Milk Fat Free Chocolate Milk	17	Lunch Entree Burrito Bowl Vegetables Cucumber Slices Fruit Fresh Orange Milk 1% Milk Fat Free Chocolate Milk	18	Lunch Entree Chicken Alfredo Pasta Vegetables Fresh Broccoli Florets Baby Carrots Fruit Fresh Banana Milk 1% Milk Fat Free Chocolate Milk	19	Lunch Entree Chicken and Waffles with Syrup Vegetables Baby Carrots Fruit Granny Smith Apple Milk 1% Milk Fat Free Chocolate Milk	20	Lunch Entree Pepperoni Pizza Vegetables Baby Carrots Fruit Cantaloupe Chunks Honeydew Melon Milk 1% Milk Fat Free Chocolate Milk	21
Lunch Entree Chicken and Cheese Quesadilla Vegetables Cucumber Slices Pinto Beans Fruit Granny Smith Apple Milk 1% Milk Fat Free Chocolate Milk	24	Lunch Entree Chicken Taquitos WG Vegetables Cucumber Slices Fruit Fresh Orange Milk 1% Milk Fat Free Chocolate Milk	25	Lunch Entree Baked Penne with Meatballs Vegetables Baby Carrots Fresh Broccoli Florets Fruit Granny Smith Apple Fresh Banana Milk 1% Milk Fat Free Chocolate Milk	26	Lunch Entree Popcorn Chicken Vegetables Shoestring French Fries Steamed Green Beans Fruit Granny Smith Apple Milk 1% Milk Fat Free Chocolate Milk	27	Lunch Entree Pepperoni Pizza Cheese Pizza Vegetables Baby Carrots Fruit Granny Smith Apple Milk 1% Milk Fat Free Chocolate Milk	28
Lunch Entree Garden Salad Cup w/ Ranch Dressing & WG Roll Fruit Granny Smith Apple Milk 1% Milk Fat Free Chocolate Milk	31								

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