

Four Rivers Charter School

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Patty on a bun Oven Fries Turkey & Cheese sandwich on wheat Italian Chef Salad Veggie of the Day Fruit of the Day	4 Soup & Sandwich tomato alphabet soup goldfish crackers Grilled Cheese Sandwich Ham & Cheese rollup CHEF SALAD with Breaded Chicken Veggie of the Day Fruit of the Day	5 Chicken Nuggets appropriate condiments Mashed Potato Chicken Salad Sandwich Chef Salad with Bacon & Cheese Veggie of the Day Fruit of the Day	6 Pizza Burger on a bun Oven Fries appropriate condiments Bologna & Cheese sandwich on wheat Chef Salad with Spicy Chicken Veggie of the Day Fruit of the Day	7 Beefy Italian Dunkers Garlic Bread Stick Brown Rice Ham and Cheese Pita Chef Salad with Tuna Salad Veggie of the Day Fruit of the Day
10 Meatball Sub Oven Fries Turkey & Cheese sandwich on wheat Chef Salad with Ham and Cheese Veggie of the Day Fruit of the Day	11 Chicken Quesidilla with Cheese Brown Rice Ham & Cheese on a roll Italian Chef Salad Veggie of the Day Bread & Margarine Fruit of the Day	12 Soft Beef Taco Brown Rice Chicken Salad Sandwich Chef Salad with Ham and Cheese Veggie of the Day Fruit of the Day appropriate condiments	13 Honey BBQ Beef Burger w/roll French Fries Bologna & Cheese sandwich on wheat Chef Salad, Ham & Turkey Veggie of the Day Fruit of the Day	14 Bagel Pizza Ham and Cheese Pita CHEF SALAD with Breaded Chicken Garden Salad with Dressing Veggie of the Day Fruit of the Day
17 Super Grande Nachos & cheese, sour cream appropriate condiments Brown Rice Turkey & Cheese sandwich on wheat Chef Salad with Ham and Cheese Veggie of the Day Fruit of the Day	18 BBQ Chicken & Cheddar Sub Oven Fries Ham & Cheese rollup Italian Chef Salad Veggie of the Day Fruit of the Day	19 Meat Lasagnia Vegetable Lasagnia Tomato Sauce Garlic Bread Stick Chicken Salad Sandwich Chef Salad with Ham and Cheese Garden Salad with Dressing Veggie of the Day Fruit of the Day	20 Pulled Pork Sandwich on a Bulkie Roll Mashed Potato Bologna & Cheese sandwich on wheat CHEF SALAD with Breaded Chicken COLE SLAW Veggie of the Day Fruit of the Day	21 Pepperoini Calzone Veggie Calzone Ham and Cheese Pita Chef Salad with Spicy Chicken Garden Salad with Dressing Veggie of the Day Fruit of the Day
24 Spicy Chicken Patty Buttered Egg Noodles appropriate condiments Turkey & Cheese sandwich on wheat Chef Salad with Bacon & Cheese Veggie of the Day Fruit of the Day	25 Chicken Nuggets appropriate condiments Mashed Potato Ham & Cheese rollup Chef Salad with Tuna Salad Veggie of the Day Fruit of the Day	26 brunch for Lunch Scrambled Eggs sausage link Home Fried Potato Warm Apples Chicken Salad Sandwich Chef Salad with Egg & Cheese Veggie of the Day Fruit of the Day	27 New England Baked Beans Hot Dogs in a Bun appropriate condiments Bologna & Cheese sandwich on wheat CHEF SALAD with Breaded Chicken Bread & Margarine Veggie of the Day Fruit of the Day	28 Pepperoini Calzone Veggie Calzone Garden Salad with Dressing Ham and Cheese Pita Chef Salad with Spicy Chicken Veggie of the Day Fruit of the Day
31 HOLIDAY				