

JANUARY 2019

Four Rivers Charter School

Menus are subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

New Year's Day
No School

1

Pasta Wednesdays!
Chicken Parmesan
Served over Whole Grain
Pasta with Marinara Sauce
and Garlic Bread
Steamed broccoli
Fresh Fruit

2

Homemade Shepherd's
Pie
Seasoned Vegetables
Dinner Roll
Assorted Fruit
Local Apple Cider from
Pine Hill Orchards

3

Pizza of the Day!
Green Salad
Assorted Fruit

4

Grilled Cheese with House
Made Chicken Noodle
Soup
Steamed Carrots
Assorted Fruit

7

Loaded Nachos
Rice & Beans
Shredded Lettuce
Pico De Gallo
Sour Cream
Fresh Fruit

8

Pasta Wednesdays!
Pasta & Meatballs
With Garlic Bread
Steamed Green Beans
Fresh Fruit

9

**Yavian's Chicken Alfredo
with Greek Rice
Contest Winner!**
Roasted Veggie Medley
Assorted Fruit

10

Pizza of the Day!
Garden Salad
Fresh Fruit

11

Popcorn Chicken
Mashed Potatoes with
Gravy
Whole Grain Dinner Roll
Seasoned Vegetables
Assorted Fruit

14

Soft Chicken Tacos
Shredded Cheddar
Lettuce & Tomato
Rice & Beans
Fresh Fruit

15

Pasta Wednesdays!
Chicken & Broccoli
Alfredo over pasta
Rice & Beans
Garlic Knot
Assorted Fruit

16

Brunch for Lunch
French Toast Casserole
Served with Berry Sauce
Breakfast Sausage and
Hashbrown Patties

17

Pizza of the Day!
Garden Salad
Assorted Fruit

18

Dr Martin Luther King Jr
Day
No School

21

Chicken and Cheese
Quesadilla with Peppers
and Onions
Black Bean Salsa
Side Salad
Fresh Fruit

22

Pasta Wednesdays!
Chicken Cacciatore over
Pasta
and Garlic Bread
Steamed Spinach
Fresh Fruit

23

Hamburger/Cheeseburger
& Tomato Soup
Steamed Carrots
Fresh Fruit

24

No School
Teacher In-Service Day

25

Spicy Chicken Patty
Sandwich
Sweet Potato Fries
Veggie Sticks & Dip
Assorted Fruit

28

Loaded Nachos
Rice & Beans
Shredded Lettuce
Pico De Gallo
Sour Cream
Fresh Fruit

29

Pasta Wednesdays!
Pasta with Meat Sauce
and Garlic Bread
Steamed broccoli
Fresh Fruit

30

Grilled Ham & Cheese
with House Made
Broccoli & Cheese Soup
Steamed Carrots
Assorted Fruit

31

DID YOU KNOW...
January's gem is
garnet which
represents
constancy.

Entrée Alternates

Mondays: Chicken Patty,
Nacho Chips & Dip,
Sunbutter & Jelly Sandwich

Tuesdays: Pulled Pork
Sandwich, Salad (Chef or
Veg), SB&J Sandwich

Wednesdays: Meatball
Grinder, SB&J Sandwich

Thursdays: Turkey
Sandwich, Fish & Chips,
SB&J Sandwich

Fridays: Salad (Chef or
Veg), Nacho Chips & Dip,
SB&J Sandwich

Café News

Yavian won our Repice Contest!!

His winning recipe is featured on
this menu!

*Yavian's Chicken Alfredo with Greek
Rice*

Lunch Price \$3.25

Reduced Lunch Price \$0.40

Milk \$0.60 (When sold separately)



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