

NOVEMBER 2017

Four Rivers Charter School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>DID YOU KNOW? American football is the main sport watched in the United States during this month.</p>		<p>1 Chef Sam's Chicken Teriyaki & Vegetables Brown Rice Fresh Fruit</p>	<p>2 Baked Potato Bar w/ Beans, Cheese, Broccoli, & Sour Cream Garlic Knot Sliced Peaches</p>	<p>3 Stuffed Crust Pizza Veggie Sticks & Dip Fresh Fruit</p>
<p>6 Chicken Nuggets Sweet Potato Fries Veggie Sticks & Dip Assorted Fruit</p>	<p>7 Pizza Sticks Side Salad w/ Garbanzo Beans Fresh Fruit</p>	<p>8 Early Dismissal Deli Melt Baked Beans Fresh Veggies & Dip Farm Fresh Apple Slices</p>	<p>9 Homemade Shepherd's Pie Seasoned Vegetables Dinner Roll Peach Cup</p>	<p>10 No School</p>
<p>13 BBQ Chicken Grinder Cape Cod Chips Veggies & Dip Fresh Fruit</p>	<p>14 Spaghetti w/ Meatsauce Side Garden Salad Garlic Knot Assorted Fruit</p>	<p>15 Grilled Cheese Sandwich Tomato Soup Farm Fresh Kale Chips Assorted Fruit</p>	<p>16 Thanksgiving Dinner Roasted Turkey & Stuffing Mashed Potatoes w/ Gravy Cranberry Sauce Warm Dinner Roll</p>	<p>17 Cheese Pizza Side Salad w/ Garbanzo Beans Fresh Fruit</p>
<p>20 Popcorn Chicken Baked French Fries Seasoned Vegetables Assorted Fruit</p>	<p>21 Sloppy Joe Sandwich Cape Cod Chips Homemade Coleslaw Fresh Fruit</p>	<p>22 Early Dismissal Sunbutter & Jelly Sandwich Carrot Sticks Juice</p>	<p>23 No School</p>	<p>24 No School</p>
<p>27 Chicken Patty w/ Lettuce & Tomato Crispy Tater Tots Fresh Veggie Sticks w/ Dip Assorted Fruit</p>	<p>28 Homemade Chili in a Breadbowl Veggie Sticks & Dip Assorted Fruit</p>	<p>29 Chef Sam's Cheesy Chicken Pasta Seasoned Vegetables Warm Breadstick Assorted Fruit</p>	<p>30 Glazed Drumstick Mashed Potatoes Texas Garlic Toast Farm Fresh Apple Cider</p>	

Entrée Alternates
Mondays: Chicken Patty, Nacho Chips & Dip, Salad, Sunbutter & Jelly Sandwich
Tuesdays: Grilled Chicken Sandwich, Nacho Chips & Dip, Salad, SB&J Sandwich
Wednesdays: Meatball Sub, Nacho Chips & Dip, Salad, SB&J Sandwich
Thursdays: Turkey Sandwich, Nacho Chips & Dip, Salad, SB&J Sandwich
Fridays: Ham Sandwich, Nacho Chips & Dip, Salad, SB&J Sandwich

Milk Offered Daily

Fruit & Veggie Bar Offered Daily

Menu Subject to Change

