

MARCH 2018

Four Rivers Charter Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Did You Know...

An old proverb says, "March comes in a like a lion, and goes out like a lamb," which is reference to winter ending and spring beginning. Another popular saying is "March is mad as a hare," which is a reference to the animals fighting each other.

5
Chicken Nuggets
Crispy Tater Tots
Fresh Veggies & Dip
Fresh Fruit

6
Sausage Grinder w/
Onions & Peppers
Cape Cod Chips
Veggie Sticks & Dip
Assorted Fruit

7
Chef Sam's Chicken
Teriyaki & Vegetables
over Brown Rice
Warm Dinner Roll
Fresh Fruit

1
Spicy Chicken Patty
w/ Lettuce & Tomato
Baked Beans
Cinnamon Apples

2
Read Across America
Day!

Cheese Pizza
Side Salad
Assorted Fruit

8
Pasta & Meatsauce
Seasoned Vegetables
Garlic Knot
Assorted Fruit

9
Early Dismissal

French Bread Pizza
Fresh Veggies & Dip
Assorted Fruit

12
BBQ Chicken Grinder
Curly Fries
Fresh Veggies & Dip
Fresh Fruit

13
Homemade Chili in a
Breadbowl
Seasoned Vegetables
Assorted Fruit

14
Chef Sam's Arroz con
Gandules
Roasted Butternut Squash
Fresh Fruit

15
Soup & Sandwich
Cape Cod Chips
Veggie Sticks & Dip
Assorted Fruit

16
Stuffed Crust Pizza
Side Garden Salad w/
Garbanzo Beans
Fresh Fruit

19
Hamburger/Cheeseburger
w/ Lettuce, Tomato
Smile Fries
Fruit Cup

20
American Goulash
Roasted Vegetables
Warm Breadstick
Baked Cinnamon Apples

21
Shepherd's Pie
Seasoned Vegetables
Dinner Roll
Fresh Fruit

22
Chef Sam's Kale Pasta
Pomodoro
Seasoned Vegetables
Cheesy Garlic Bread
Fresh Fruit

23
Pizza Friday!
Fresh Veggies & Dip
Assorted Fruit

26
Chicken Patty w/ Lettuce
& Tomato
Oven Baked Fries
Veggie Sticks & Dip
Fresh Fruit

27
Chicken Fajitas w/
Sauteed Peppers &
Onion, Lettuce, Tomato,
Cheese
Spanish Rice
Peach Cup

28
Baked Macaroni and
Cheese
Homemade Broccoli
Salad
Garlic Knot
Assorted Fruit

29
Early Release K-7
No Pre-K
"Uncrustable" Sunbutter
& Jelly Sandwich
Apples Slices
Carrot Sticks
Juice

30
Early Release K-7
No Pre-K
Turkey & Cheese Sub
Cape Cod Chips
Apple Slices
Juice

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