

September 2017

Four Rivers Charter Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

The name September comes from the Latin word for seven, since this was the seventh month of the Roman year.

Chicken Nuggets
Oven Baked French Fries
Veggies & Dip
Assorted Fruit

30

Barbeque Chicken
Grinder
Cape Cod Chips
Veggies & Dip
Fresh Fruit

31

Cheese Pizza
Fresh Veggies & Dip
Assorted Fruit

1

Labor Day

No School

4

Grilled Cheese Sandwich
Tomato Soup
Fresh Veggies w/ Dip
Assorted Fruit

5

Steak & Cheese Grinder
Side Garden Salad
Cape Cod Chips
Fresh Fruit

6

Chicken Quesadilla w/
Shredded Lettuce,
Tomato, Salsa & Sour
Cream
Rice & Beans
Fresh Fruit

7

Cheese Pizza
Fresh Veggies & Dip
Fruit Cup

8

Chicken Nuggets
Sweet Potato Fries
Side Garden Salad
Assorted Fresh Fruit

11

Deli Melt
Baked Beans
Fresh Veggies & Dip
Farm Fresh Apple Slices

12

Whole Grain Pasta and
Sauce
Side Garden Salad
Garlic Knot
Assorted Fruit

13

Chicken Munchie Bowl w/
Mashed Potatoes, Corn &
Gravy
Seasoned Summer
Squash
Garlic Texas Toast
Blueberries & Cream

14

Pizza Friday
Side Salad
Assorted Fruit

15

Hamburger/Cheeseburger
Seasoned Curly Fries
Farm Fresh Pickles
Assorted Fruit

18

Burrito Bowl w/ Rice,
Beans, Cheese & Salsa
Tostito Scoops
Seasoned Vegetables
Fresh Fruit

19

Roasted Chicken
Farm Fresh Butternut
Squash Noodles w/
Parmesan Cheese
Side Garden Salad
Fresh Fruit

20

Homemade Chili in
Breadbowl
FF Veggie Sticks & Dip
Assorted Fruit

21

Pizza Friday
Fresh Veggies & Dip
Assorted Fruit

22

Spicy Chicken Patty w/
Lettuce & Tomato
Crispy Tater Tots
Fresh Veggie Sticks w/
Dip

25

Toasted Meatball Sub w/
Cheese
Fresh Veggies & Dip
Baked Cinnamon Apples

26

Baked Potato Bar w/
Beans, Cheese, Broccoli,
& Sour Cream
Garlic Knot
Sliced Peaches

27

Chef Sam's Cheesy
Chicken Pasta
Seasoned Vegetables
Warm Breadstick
Assorted Fruit

28

Pizza Friday
Side Salad
Assorted Fruit

29

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

Chef Sam is back! Look for him during lunch time and be sure to try his tasty samples!

This month's sample is: Tanga Cubano Pulled Pork Sandwich

Be sure to try our Farm Fresh (FF) Menu Items

Farm Fresh Item!

Sourced locally from Massachusetts & the New England region!



FF Butternut Squash Noodles w/ Garlic & Parmesan Cheese