

# Four Rivers Charter Public School

## February, 2012

	<b>Sandwich</b>	<b>Chef Salad with:</b>
<b>Monday</b>	Tuna Salad on whole wheat	Spicy Chicken
<b>Tuesday</b>	Ham & Cheese roll-up	Italian
<b>Wednesday</b>	Yogurt Cup, bagel with cream cheese	Ham
<b>Thursday</b>	Deli Turkey on wheat roll	Turkey
<b>Friday</b>	Ham & Cheese on whole wheat	Ham & Turkey
<b>Available everyday:</b> sunflower butter sandwich on whole wheat bread		

Monday	Tuesday	Wednesday	Thursday	Friday
		1  Roasted Chicken Mashed Potato Wheat Bread & Margarine Green Garden Peas Veggie of the Day Assorted Fruits of the day assorted 8oz milk	2  Chicken Quesadilla with Cheese Brown Rice with assorted Vegetables Wheat Bread & Margarine Veggie of the Day Assorted Fruits of the day assorted 8oz milk	3  Barilla Pasta with Meatballs Garlic Bread Stick Garden Salad with Italian Dressing Veggie of the Day Assorted Fruits of the day assorted 8oz milk
6  Chicken Poppers Garlic Mashed Potato appropriate condiments Wheat Bread & Margarine Veggie of the Day Assorted Fruits of the day assorted 8oz milk	7  Super Grande Nachos & cheese, sour cream Brown Rice with Mixed Vegetables Veggie of the Day Assorted Fruits of the day assorted 8oz milk	8  Mandarine Chicken ORIENTAL RICE Wheat Bread & Margarine Veggie of the Day Assorted Fruits of the day assorted 8oz milk	9  Barilla Pasta with Meatballs bread sticks (2) Garden Salad with Italian Dressing Green Beans Assorted Fruits of the day assorted 8oz milk	10  Macaroni and Cheese PEAS & ONIONS Wheat Bread & Margarine appropriate condiments Assorted Fruits of the day assorted 8oz milk
13  BBQ Chicken & Cheddar Sub appropriate condiments Potato Puffs Veggie of the Day Assorted Fruits of the day assorted 8oz milk	14  VALENTINE'S DAY Chicken Nuggets with sauce Mashed Potato PEAS & ONIONS Assorted Fruits of the day assorted 8oz milk Vacation Holiday Treat	15  brunch for Lunch PANCAKES W/SYRUP sausage pattie appropriate condiments frozen juice bar assorted 8oz milk	16  Make Your Own Taco Mexicali Rice CORN Assorted Fruits of the day assorted 8oz milk	17  Stuffed Crust Pizza Garden Salad with Italian Dressing Assorted Fruits of the day assorted 8oz milk Sherbet
20  President's Day Holiday	21  VACATION	22  VACATION	23  VACATION	24  VACATION
27  Cheeseburger on a Wheat Bun Sweet Potato Oven Fries Veggie of the Day appropriate condiments Assorted Fruits of the day Assorted Milk	28  Spicy Chicken Patty on a Wheat Roll Ranch Dressing Potato Puffs Lettuce & Tomato assorted 8oz milk	29  Barilla Pasta with Meatballs Garlic Bread Stick Garden Salad with Italian Dressing Assorted Fruits of the day assorted 8oz milk		

menus are subject to change depending on the availability of the product