

# May 2018

## Four Rivers Charter School

Monday

Tuesday

Wednesday

Thursday

Friday

1  
BBQ Chicken Grinder  
Cape Cod Chips  
Homemade Macaroni  
Salad  
Fresh Fruit

2  
Crispy Fish Nuggets  
Homemade Coleslaw  
Tater Tots  
Fresh Fruit

3  
Chef Sam's Beef &  
Vegetable Stir Fry  
Brown Rice  
Fruit Cup

4  
French Bread Pizza  
Side Garden Salad  
Assorted Fruit

7  
Hamburger/Cheeseburger  
w/ Lettuce, Tomato  
French Fries  
Assorted Fruit

8  
Popcorn Chicken  
Roasted Vegetables  
Veggies & Dip  
Fresh Fruit

9  
Chef Sam's Pasta  
Pomodoro  
Seasoned Vegetables  
Cheesy Garlic Bread  
Assorted Fruit

10  
Sausage Grinder w/  
Peppers & Onions  
Sweet Potato Fries  
Fresh Fruit

11  
Stuffed Crust Pizza  
Fresh Veggies & Dip  
Fresh Fruit

14  
Toasted Chicken  
Parmesan  
Sandwich  
Baked French Fries  
Assorted Fruit

15  
Beef Tacos w/ Cheese,  
Shredded lettuce, Tomato,  
Salsa, Sour Cream  
Spanish Rice & Beans  
Fresh Fruit

16  
Grilled Cheese Sandwich  
Hot Soup  
Veggies & Dip  
Assorted Fruit

17  
Brunch for Lunch  
Pancake w/ Syrup  
Scrambled Eggs  
Hashbrowns  
Cinnamon Apples

18  
Cheese Pizza  
Fresh Veggies & Dip  
Assorted Fruit

21  
"Fenway Frank" Hotdog  
Boston Baked Beans  
Veggies & Dip  
Assorted Fruit

22  
BBQ Pulled Pork  
Sandwich  
Homemade Coleslaw  
Cape Cod Chips  
Watermelon Slice

23  
Homemade Macaroni and  
Cheese  
Side Garden Salad  
Dinner Roll  
Assorted Fruit

24  
Chef Sam's Chicken  
Teriyaki & Vegetables  
over Brown Rice  
Warm Bread Stick  
Fresh Fruit

25  
Bosco Pizza Sticks  
Veggies & Dip  
Assorted Fruit

28  
No School  
Memorial Day

29  
Chicken Nuggets  
Curly Fries  
Assorted Fruit  
Pudding Cup

30  
Chef Sam's Arroz con  
Gandules  
Roasted Vegetables  
Fresh Fruit

31  
BBQ Chicken Grinder  
Cape Cod Chips  
Homemade Macaroni  
Salad  
Fresh Fruit

*Did you know...*  
The birthstone of  
May, the emerald,  
symbolizes success  
and love.

**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**