

OCTOBER 2018

Four Rivers Charter School Menu

MONDAY

1
Fish n' Chips
Homemade Coleslaw
Chocolate Pudding with
Whipped Topping
Assorted Fruit

8
No School
Columbus Day

15
Grilled Cheese Sandwich
Tomato Soup
Fresh Veggies & Dip
Assorted Fruit

22
Spicy Chicken Patty
Served on a Whole Grain
Bun
Lettuce & Tomato
Golden Baked Fries
Fresh Fruit

29
Chicken Sesame Noodles
Bowl
Served With Asian
Vegetables
Assorted Fruit

TUESDAY

2
Kung Pao Chicken Bowl
With Rice and Vegetables
Asian Inspired Roasted
Garbanzo Beans
Fresh Fruit

9
Brunch for Lunch
Pancakes w/ Syrup
Breakfast Sausage
Hashbrowns
Cinnamon Apples
Assorted Fruit

16
Hamburger/Cheeseburger
Bacon, Lettuce, Tomato
Tater Tots
Fresh Fruit

23
Chef Sam's Cubano
Pulled Pork Sandwich
Baked Sweet Potato Fries
Fresh Fruit

30
Loaded Baked Potato
With Shredded Cheese,
Bacon, Broccoli, and
Sour Cream
Fresh Fruit

WEDNESDAY

3
Pasta Wednesdays!
Chicken Alfredo over
Whole Grain Pasta
Served with Steamed
Broccoli and Garlic Bread
Assorted Fruit

10
Pasta Wednesdays!
Whole Grain Spaghetti
with Meatballs and
Marinara Sauce
Served with Green Beans
Garlic Bread
Fresh Fruit

17
Pasta Wednesdays!
Chicken Parmesan
Served over a Bed of
Whole Grain Pasta
With Garlic Bread
Steamed Carrots
Assorted Fruit

24
Pasta Wednesdays!
Pasta with Meat Sauce or
Marinara
Served with Garlic Bread
Fresh Fruit

31
Pasta Wednesdays!
Spooky Pasta
Served with Garlic Bread
Steamed Broccoli
Assorted Fruit



THURSDAY

4
Beef Tacos w/ Lettuce,
Tomato, Cheese, Salsa
Rice & Beans
Assorted Fruit
National Taco Day

11
Popcorn Chicken
Mashed Potatoes & Gravy
Whole Wheat Dinner Roll
Black Bean & Corn Salad
Assorted Fruit

18
Loaded Nachos
Rice & Beans
Shredded Lettuce
Pico De Gallo
Sour Cream
Fresh Fruit

25
Pizza
Veggies & Dip
Apple Slices
Juice

DID YOU KNOW...
October comes from the Latin
word "octo" which means eight.

FRIDAY

5
Pizza of the Day!
Garden Salad
Assorted Fruit

12
Pizza of the Day!
Green Salad
Fresh Fruit

19
Pizza of the Day!
Garden Salad
Assorted Fruit

26
No School

A La Carte

Entrée Alternates

Mondays: Chicken Patty,
Nacho Chips & Dip,
Sunbutter & Jelly Sandwich

Tuesdays: Grilled Chicken
Sandwich, Salad (Chef or
Veg), SB&J Sandwich

Wednesdays: Ham
Sandwich, Meatball Sub,
SB&J Sandwich

Thursdays: Turkey
Sandwich, Salad (Chef or
Veg), SB&J Sandwich

Fridays: Salad (Chef or Veg),
Tuna Wrap, SB&J Sandwich

Cafe News

We are holding a recipe
contest for students,
parents, or the whole
family!! Submissions are
due by November 15th!

If you want more details,
please contact the director
at elical1@gpsk12.org

Menus are subject to
change

Please follow our Facebook Page for
updates, photos, and more at
[@GreenfieldSchoolLunch](https://www.facebook.com/GreenfieldSchoolLunch)