



January 2017

THREE RIVERS ELEMENTARY MENU



Monday Meal Prices	Tuesday	Wednesday	Thursday	Friday
Breakfast \$1.25 Lunch \$2.40 Snack or Juice \$.85	****Breakfast**** Eggo French Toast Minis Chocolate Chip Applesauce 100 % Fruit Juice (4 oz) Milk, Low Fat and Fat Free ****Lunch**** Cheeseburger on Bun Steamed Carrots Green Beans Tossed Salad Fresh Apple Deluxe Fruit Salad Milk, Low Fat and Fat Free	****Breakfast**** Breakfast Pizza Peaches 100 % Fruit Juice (4 oz) Milk, Low Fat and Fat Free ****Lunch**** Brunch: French Toastix (4) w/Syrup and Sausage Pattie and Scrambled Eggs Baked Tater Tots Steamed Broccoli Fresh Side Salad Chilled Strawberries Raisins Milk, Low Fat and Fat Free	****Breakfast**** Warm Cinnamon Toast (2) Fruit Cocktail 100 % Fruit Juice (4 oz) Milk, Low Fat and Fat Free ****Lunch**** Breaded Chicken Pattie on Bun Carrot Sticks with Ranch Baked Beans (1/2 cup) Tossed Salad Peaches 100% Fruit Juice, 4 oz. Milk, Low Fat and Fat Free	****Breakfast**** Sausage Biscuit Chilled Strawberries 100 % Fruit Juice (4 oz) Milk, Low Fat and Fat Free ****Lunch**** 3 Cheese Pizza Boat Marinara Sauce Corn Fresh Mixed Greens Assorted Fresh Fruit Pears Milk, Low Fat and Fat Free
****Breakfast**** Eggo Cinnamon Mini Waffle Chilled Pear Cup (1/2 cup) 100 % Fruit Juice (4 oz) Milk, Low Fat and Fat Free ****Lunch**** Chicken Smackers (10) with Whole Grain Breadstick Cheesy Potatoes Baked Beans (1/2 cup) Steamed Carrots Applesauce Assorted Fresh Fruit Milk, Low Fat and Fat Free	****Breakfast**** Trix Yogurt and Scooby Doo Graham Sticks Applesauce 100 % Fruit Juice (4 oz) Milk, Low Fat and Fat Free ****Lunch**** Cheese Coney Fresh Side Salad Tater Tots Peas Fresh Apple Pears Milk, Low Fat and Fat Free	****Breakfast**** Warm Cinnamon Toast (2) Raisins 100 % Fruit Juice (4 oz) Milk, Low Fat and Fat Free ****Lunch**** Stuffed Crust Cheese Pizza Corn on the Cob or Corn Green Beans Salad with Veggies Chilled Strawberries 100% Fruit Juice, 4 oz. Milk, Low Fat and Fat Free	****Breakfast**** Kellogg's Pop Tart and Sausage Pattie Fresh Orange Smiles (4) 100 % Fruit Juice (4 oz) Milk, Low Fat and Fat Free ****Lunch**** Chicken Rings (5) with Baked Mini Soft Pretzel Carrot Sticks with Ranch Whipped Potatoes Fresh Mixed Greens Fresh Orange Smiles (2) Peaches Milk, Low Fat and Fat Free	NO SCHOOL
MARTIN LUTHER KING DAY NO SCHOOL	****Breakfast**** Pillsbury Cream Cheese Filled Mini Bogel Fresh Fruit 100 % Fruit Juice (4 oz) Milk, Low Fat and Fat Free ****Lunch**** Taco Beef Nachos with Cheese Black Beans (1/2 cup) Green Beans Tossed Salad Applesauce Deluxe Fruit Salad Milk, Low Fat and Fat Free	****Breakfast**** Warm Oatmeal and Quaker Chewy Granola Bar Chilled Strawberries 100 % Fruit Juice (4 oz) Milk, Low Fat and Fat Free ****Lunch**** Brunch: French Toastix (4) w/Syrup and Sausage Pattie and Scrambled Eggs Tater Tots Fresh Mixed Greens Steamed Carrots Peaches Cinnamon Apples Milk, Low Fat and Fat Free	****Breakfast**** Flapstick (Pancake and Sausage on a Stick) Applesauce 100 % Fruit Juice (4 oz) Milk, Low Fat and Fat Free ****Lunch**** Grilled Cheese Sandwich Tomato Soup Fresh Celery with Peanut Butter Peas Fresh Orange Smiles (2) Raisins Milk, Low Fat and Fat Free	****Breakfast**** Warm Fresh Baked Cinnamon Roll Fresh Orange Smiles (4) 100 % Fruit Juice (4 oz) Milk, Low Fat and Fat Free ****Lunch**** Chicken Nuggets (5) with Baked Mini Soft Pretzel Corn Baked Beans (1/2 cup) Fresh Mixed Greens Fresh Apple Chilled Strawberries Milk, Low Fat and Fat Free
****Breakfast**** Pillsbury Wheat Whole Wheat Pancake Pouch Fresh Fruit 100 % Fruit Juice (4 oz) Milk, Low Fat and Fat Free ****Lunch**** Cheesy Bread Marinara Sauce Broccoli Salad Fresh Mixed Greens Assorted Fresh Fruit Applesauce Milk, Low Fat and Fat Free	****Breakfast**** Warm Mixed Berry Bread Peaches 100 % Fruit Juice (4 oz) Milk, Low Fat and Fat Free ****Lunch**** General TSO Chicken (12) or Popcorn Chicken (12) with Brown Rice Steamed Carrots Cheesy Potatoes Fresh Mixed Greens Assorted Fresh Fruit Cinnamon Apples Milk, Low Fat and Fat Free	****Breakfast**** Breakfast Pizza Raisins 100 % Fruit Juice (4 oz) Milk, Low Fat and Fat Free ****Lunch**** Chili Cheese Dip w/Baked Nacho Chip Dippers Baked Beans (1/2 cup) Corn on the Cob or Corn Salad with Veggies Pears Strawberries Milk, Low Fat and Fat Free	****Breakfast**** Eggo French Toast Minis Chocolate Chip Chilled Strawberries 100 % Fruit Juice (4 oz) Milk, Low Fat and Fat Free ****Lunch**** Chicken Rings (5) with Baked Mini Soft Pretzel Baked French Fries Broccoli Fresh Mixed Greens Applesauce Deluxe Fruit Salad Milk, Low Fat and Fat Free	****Breakfast**** Warm Cinnamon Toast (2) Chilled Pear Cup (1/2 cup) 100 % Fruit Juice (4 oz) Milk, Low Fat and Fat Free ****Lunch**** Stuffed Crust Cheese Pizza Steamed Carrots Green Beans Tossed Salad Peaches Fruit Cocktail Milk, Low Fat and Fat Free
BREAKFAST Pillsbury Pancake Pouch Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free ****LUNCH**** Chicken Tenders (3) with Garlic Texas Toast Cheesy Potatoes Steamed Carrots Assorted Fresh Fruit Pears Milk, Low Fat or Fat Free	***BREAKFAST*** Bacon Biscuit Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free ****LUNCH**** Rotini with Meat Sauce and Garlic Bread OR Chili Cheese Dip w/Nachos Fresh Tossed Salad Corn Applesauce Assorted Fresh Fruit Milk, Low Fat or Fat Free	NEW! NEW! NEW! NEW! YOU CAN NOW APPLY FOR FREE/REDUCED LUNCH ONLINE! Go to Threeriversschools.org and click on the APPLYNOW link!	LUNCH Includes: MAIN DISH 2 Fruits, 3 Vegetables and a Milk BREAKFAST Includes: MAIN DISH, 2 Fruits, and a Milk	USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER