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Monday		Wednesday	Thursday	Friday
Meal Prices	LUNCH Includes: MAIN DISH	1	2	11100,
	2 Fruits, 2 Vegetables and a Milk	****BREAKFAST****	****BREAKFAST****	****BREAKFAST****
Breakfast \$1.50	Fresh Fres Lunch: Charac Fresh	Warm Oatmeal with Quaker Maple	Flapstick (Pancake and Sausage on a	Warm Cinnamon Roll
Breakfast \$1.50	Fresh Fare Lunch: Choose Fresh	Brown Sugar Chewy Granola Bar Fresh Fruit 100%	Stick) Fresh Fruit 100%	Fresh Fruit 100% Fruit
Lunch \$2.60	Fare Main Dish Instead of Regular	Fruit Juice	Fruit Juice	Juice
Fresh Fare \$3.60	Main Dish for \$1.00 up charge	Milk, Low Fat or Fat Free	Milk, Low Fat or Fat Free	Milk, Low Fat or Fat Free
	(qualifies for free or reduced	****LUNCH****	****LUNCH****	****LUNCH****
		Brunch: French Toastix (4) with Egg	Chili Spaghetti with cheese Or	Grilled Cheese Sandwich
See ala carte price list on our	price to those who qualify)	Pattie and Yogurt	Cheese Coney w/ Oyster Crackers	
website, Threeriversschools.org	OR	Hashbrown Potato Triangle	Steamed Broccoli	Tomato Soup
	Choose French Fries or Soup	Glazed Carrots Peaches	Corn Raisins	Carrots Chilled Strawberries
	in place of one menued vegetable for \$1.00 up charge (qualifies for	Cinnamon Apples	Orange Smiles (4)	Assorted Fresh Fruit
		Milk. Low Fat or Fat Free	Milk, Low Fat or Fat Free	Milk Low Fat or Fat Free
	free or reduced price to those who qualify.	Grill: Bacon Cheeseburger on Grilled	Grill: Grilled Quesadilla	Grill: Nachos Grande
	quany.	Fresh Creation: Made to Order Go	Fresh Creation: Made to Order	Fresh Creation: Deluxe Fish Basket with
		Flatbread Pizza	Steak Hoagie	Macaroni and Cheese
		Soup: Cream of Broccoli	Soup: Cream of Chicken w/Veggies	Soup: Chili with Beans
6	7	8	9	10
****BREAKFAST****	****BREAKFAST****	****BREAKFAST****	****BREAKFAST****	****BREAKFAST****
Pillsbury Mini Maple Burstin Pancakes	Warm Mixed Berry Bread	Sausage Breakfast Pizza	French Toastix (4) w/Syrup	Egg and Cheese Biscuit
Fresh Fruit 100% Fruit	Fresh Fruit 100% Fruit	Fresh Fruit 100% Milk. Low Fat or Fat Free	Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free	Fresh Fruit 100% Fruit
Milk, Low Fat or Fat Free	Milk, Low Fat or Fat Free ****LUNCH****	Milk, Low rat or rat rree	****LUNCH****	Milk, Low Fat or Fat Free ****LUNCH****
Chicken Wrap w/Brown Rice , Salsa,	Mexi Wrap with Beef and Cheese, Salsa,			Hot Dog on Bun
Cheese & Jalapenos	Sour Cream, and Jalapenos	with Lettuce and Tomato	SINCESE COINEY W// CYSTET CTUCKETS	no. Gog on Bun
Broccoli Salad	Glazed Carrots	Peas	Steamed Broccoli	Sauerkraut
Cheesy Potatoes	Black Beans	Corn	Glazed Carrots	Mashed Potatoes
Assorted Fresh Fruit	Cinnamon Apples	Pears	Deluxe Fruit Salad	Mandarin Oranges
Deluxe Fruit Blend	Assorted Fresh Fruit	Strawberries	Applesauce	Fruit Cocktail
Milk, Low Fat or Fat Free	Milk, Low Fat or Fat Free	Milk, Low Fat or Fat Free	Milk, Low Fat or Fat Free	Milk, Low Fat or Fat Free
Grill: Texas Shredded Pork BBQ on	Grill: Chili Cheese Fries with Garlic	Grill: Deluxe Double Cheeseburger on	Grill: Gourmet Grilled Italian on	Grill: Nachos Grande
Bun	Breadstick	Grilled Bun	Grilled Sourdough Bread	
Fresh Creation: Made to Order	Fresh Creation: Made to Order Deli	Fresh Creation: Made to Order Go	Fresh Creation: Hot Beef and	Fresh Creation: Made to Order Flatbread
Chinese	Destination	Queso Creations	Cheddar Sandwich	Pizzas with your choice of toppings
Soup: Vegetable	Soup: Chicken Veggie Noodle	Chili With Beans	Soup: Black Bean	Soup: Twiced Baked Potato
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13	14	15	16	17
BREAKFAST*	***BREAKFAST****	***BREAKFAST****	***BREAKFAST****	***BREAKFAST****
Pillsbury Pancake Pouch	Bacon Biscuit	PB & J Graham Wafer Bar	Warm Cinnamon Toast (2)	Otis Breakfast Muffin, Blueberry or
Fresh Fruit 100% Fruit	Fresh Fruit 100% Fruit	Fresh Fruit 100%	Fresh Fruit 100% Fruit	Chocolate Chip Fresh Fruit 100% Fruit
Milk, Low Fat or Fat Free	Milk, Low Fat or Fat Free	Milk, Low Fat or Fat Free	Milk, Low Fat or Fat Free	Milk, Low Fat or Fat Free
****LUNCH****	****LUNCH****	****LUNCH****	****LUNCH****	****LUNCH****
Chicken Tenders (3) with Garlic Texas	Rotini with Meat Sauce and Garlic Bread	Rib-BQ on Bun	Chill w/Oyster Crackers & Cheese OR	Grilled Cheese
Toast	OR Chili Cheese Dip w/Nachos		Chili Spaghetti w/Cheese	
Cheesy Potatoes	Fresh Tossed Salad	Baked Vegetarian Beans	Carrots	Tomato Soup
Steamed Carrots	Corn	Fresh Mixed Greens	Broccoli	Steamed Broccoli
Assorted Fresh Fruit	Applesauce	Chilled Strawberries	Raisins	Pears
Pears	Assorted Fresh Fruit	Pineapple	Mandarin Oranges	Peaches
Milk, Low Fat or Fat Free	Milk, Low Fat or Fat Free	Milk, Low Fat or Fat Free	Milk, Low Fat or Fat Free	Deluxe Fruit Salad
Grill: Grilled Quesadilla	Grill: Chili Cheese Fries with Garlic Breadstick	Grill: Dlx Bacon Cheeseburger on Grilled Buns	Grill: Chicken and Veggie Shish Kabob	Grill: Grilled Italian Sandwiches
Fresh Creation: Made to Order	Fresh Creation: Made to Order Go	of med balls	Fresh Creation: Made to Order Deli	Fresh Creation: Deluxe Fish Basket with
Teriyaki Chicken Philly	Bold Go Buffalo		Destinations	Macaroni and Cheese
Soup: Chicken Noodle with Vegies	Soup: Cream of Broccoli	Soup: White Chicken Chili	Soup: Cream of Potato	Soup: Chili with Beans
20	21	22	23	24
****BREAKFAST****	****BREAKFAST****	****BREAKFAST****		Brkfst Alternative MAIN DISH:
Flapstick (Pancake and Sausage on a	French Toastix (4) with Syrup	Sausage Breakfast Pizza		5 S Dia. ii
Stick) Fresh Fruit 100% Fruit	Fresh Fruit 100% Fruit	Fresh Fruit 100% Fruit		Egg or Sausage Biscuit Fresh Baked Cinnamon Roll,
Milk, Low Fat or Fat Free	Milk, Low Fat or Fat Free	Milk, Low Fat or Fat Free		French Toastix (4), Breakfast
****LUNCH****	****LUNCH****	****LUNCH****		Pancakes, Pillsbury Mini-Cinis,
General TSO Chicken Smackers (10)	Beef or Chicken Soft Taco with Brown	Brunch: French Toastix (4) with		, J.,
over Brown Rice	Rice, Cheese and Salsa	Sausage Pattie and Yogurt		Pizza, PillsburyFlapstick, Bagel
Fresh Mixed Greens	Refried Beans	Baked Potato Triangle		with Cream Cheese, Cereal with
Green Beans	Glazed Carrots	Steamed Broccoli		Graham Crackers or String
Applesauce	Fresh Apples	Chilled Strawberries		Cheese, Yogurt with Graham
Assorted Fresh Fruit	Deluxe Fruit Salad	Raisins	USDA IS AN EQUAL	Crackers
Milk, Low Fat or Fat Free	Milk, Low Fat or Fat Free	Milk, Low Fat or Fat Free	OPPORTUNITY	
Grill:Gyros	Grill: Chili Cheese Fries with Garlic Breadstick	Grill:Deluxe Double Burgers	PROVINED AND ENDLOYER	
Fresh Creation: Queso	Fresh Creation: Made to Order Deli	Fresh Creation: Go Bold Go Buffalo	PROVIDER AND EMPLOYER	
	Destination			
Soup: Black Bean	Soup: Bean Soup	Soup: Vegetable		
27	İ	29	30	3:
				****BREAKFAST****
			^^^^BREAKFA51^^^	
****BREAKFAST****	28 ****BREAKFAST**** Breakfast Bar (Oatmeal or	****BREAKFAST**** Bacon Biscuit	****BREAKFAST**** Pillsbury Mini Maple Burstin Pancakes	Warm Cinnamon Roll
	****BREAKFAST**** Breakfast Bar (Oatmeal or Oatmeal/Choc Chip)	****BREAKFAST**** Bacon Biscuit	Pillsbury Mini Maple Burstin Pancakes	Warm Cinnamon Roll
*****BREAKFAST**** Warm Pillsbury Mini Cini Pull Aparts Fresh Fruit 100% Fruit	Breakfast Bar (Oatmeal or Oatmeal/Choc Chip) Fresh Fruit 100% Fruit	****BREAKFAST**** Bacon Biscuit Fresh Fruit 100%	Pillsbury Mini Maple Burstin Pancakes Fresh Fruit 100% Fruit	Warm Cinnamon Roll Fresh Fruit 100% Fruit
****BREAKFAST**** Warm Pillsbury Mini Cini Pull Aparts Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free	Breakfast Bar (Oatmeal or Oatmeal/Choc Chip) Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free	Bacon Biscuit Fresh Fruit 100% Milk, Low Fat or Fat Free	Pillsbury Mini Maple Burstin Pancakes Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free	Warm Cinnamon Roll Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free
**************************************	**************************************	Bacon Biscuit Fresh Fruit 100% Milk, Low Fat or Fat Free	Pillsbury Mini Maple Burstin Pancakes Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free	Warm Cinnamon Roll Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free
****BREAKFAST**** Warm Pillsbury Mini Cini Pull Aparts Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free	Breakfast Bar (Oatmeal or Oatmeal/Choc Chip) Fresh Fruit Milk, Low Fat or Fat Free ***LUNCH**** Mexi Wrap with Beef and Cheese, Salsa,	Bacon Biscuit Fresh Fruit 100% Milk, Low Fat or Fat Free	Pillsbury Mini Maple Burstin Pancakes Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free *****LUNCH**** Chili w/Oyster Crackers & Cheese or	Warm Cinnamon Roll Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free
Warm Pillsbury Mini Cini Pull Aparts Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free *****LUNCH**** BBQ Chicken with Dinner Roll	**************************************	Bacon Biscuit Fresh Fruit 100% Milk, Low Fot or Fat Free FLUNCH Country Fried Steak and Dinner Roll	Pillsbury Mini Maple Burstin Pancakes Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free	Warm Cinnamon Roll Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free *****LUNCH***** Oven Grilled Cheese
Warm Pillsbury Mini Cini Pull Aparts Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free ***********************************	Breakfast Barr (Oatmeal or Oatmeal/Choc Chip) Fresh Fruit Milk, Low Fot or Fat Free Mexi Wrop with Beef and Cheese, Salsa, Sour Cream and Jalasenos	Bacon Biscuit Fresh Fruit 100% Milk, Low Fat or Fat Free	Pillsbury Mini Maple Burstin Pancakes Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free ****LUNCH***** Chili w/Oyster Crackers & Cheese or Chili Sconchtti w/Cheese	Warm Cinnamon Roll Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free ****LUNCH**** Oven Grilled Cheese Tomato Soup
Warm Pillsbury Mini Cini Pull Aparts Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free *****LUNCH**** BBQ Chicken with Dinner Roll	Breakfast Bar (Oatmeal or Oatmeal/Chaffs) Bar (Oatmeal/Chaffs) Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free **********************************	Bacon Biscuit Fresh Fruit 100% Milk, Low Fot or Fat Free FLUNCH Country Fried Steak and Dinner Roll	Pillsbury Mini Maple Burstin Pancakes Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free ****LUNCH**** Chill WOyster Crackers & Cheese or Chill Spoothetti w/Cheese Tossed Salad	Warm Cinnamon Roll Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free *****LUNCH***** Oven Grilled Cheese
Warm Pillsbury Mini Cini Pull Aparts Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free ****LUNCH***** BBQ Chicken with Dinner Roll Cheesy Potatoes Glazed Carrots	Breakfast Bar (Oatmeal or Oatmeal/Chast Bar (Oatmeal Chai) Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free ***********************************	Bacon Biscuit Fresh Fruit 100% Milk, Low Fat or Fat Free	Pillsbury Mini Maple Burstin Pancakes Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free ****LUNCH*****Chili w/Oyster Crackers & Cheese or Chili Sooahetti w/Cheese Tossed Salad Corn	Warm Cinnamon Roll Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free ****LUNCH**** Vown Grilled Cheese Tomate Soup Broccoli
Warm Pilisbury Mini Cini Pull Aparts Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free	Breakfast Barr (Oatmeal or Oatmeal / Choc Chip) Fresh Fruit Milk, Low Fot or Fat Free LUNCH Mexi Wrap with Beef and Cheese, Salsa, Sour Cream and Jalanenos Black Beans Corn Deluxe Fruit Salad Applesauce Milk, Low Fat or Fat Free	Bacon Biscuit Fresh Fruit 100% Milk, Low Fot or Fat Free	Pillsbury Mini Maple Burstin Pancakes Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free ***ENNCH***** Chili Wo'yster Creckers & Cheese or Chili Saoahetti w/Cheese Tossed Salad Corn Peacches	Warm Cinnamon Roll Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free ****LUNCH**** Oven Grilled Cheese Tomato Soup Broccoli Pears
Warm Pilisbury Mini Cini Pull Aparts Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free	Breakfast Bar (Oatmeal or Oatmeal/Cho Chip) Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free **********************************	**************************************	Pillsbury Mini Maple Burstin Pancakes Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free ***LUNCH***** Chili W.Oyster Crackers & Cheese or Chili Sooahetti w/Cheese Tossed Salad Corn Peaches Deluxe Fruit Salad Milk, Low Fat or Fat Free	Warm Cinnamon Roll Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free ****LUNCH**** Oven Grilled Cheese Tomato Soup Broccoli Pears Assorted Fresh Fruit
Warm Pillsbury Mini Cini Pull Aparts Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free ****LUNCH**** BBQ Chicken with Dinner Roll Cheesy Potatoes Glazed Carrots Assorted Fresh Fruit Peaches Milk, Low Fat or Fat Free Grill: Chicken and Veggie Shish Kabeb	Breakfast Bar (Oatmeal or Oatmeal/Chaffst Bar (Oatmeal Chaffst) Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free ******LUNCH**** Mexi Wrap with Beef and Cheese, Salsa, Sour Cream and Jalasenos Black Beans Corn Deluxe Fruit Salad Applesauce Milk, Low Fat or Fat Free Grill: Chill Cheese Fries with Garlic Breadstick	**************************************	Pillsbury Mini Maple Burstin Pancakes Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free ***********************************	Warm Cinnamon Roll Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free
**************************************	Breakfast Bar (Oatmeal or Oatmeal/Chast Bar (Oatmeal or Oatmeal/Chac Chip) Fresh Fruit Milk, Low Fat or Fat Free	Presh Fruit Milk, Low Fot or Fat Free	Pillsbury Mini Maple Burstin Pancakes Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free ***LUNCH***** Chili W/Oyster Crackers & Cheese or Chili Snoahetti w/Cheese Tossed Salad Corn Peaches Deluxe Fruit Salad Milk, Low Fat or Fat Free Grill: Southwest BBQ on Grilled Bun Fresh Creation: Made to Order Soup	Warm Cinnamon Roll Fresh Fruit Milk, Low Fat or Fat Free ****LUNCH**** Tomato Soup Broccoli Pears Assorted Fresh Fruit Milk, Low Fat or Fat Free Grill: Grilled Quesadilla Fresh Creation:Made to Order Baked
**************************************	Breakfast Bar (Oatmeal or Oatmeal/Chaffst Bar (Oatmeal or Oatmeal/Chaffst Bar (Oatmeal or Oatmeal/Chaffst Bar (Datmeal/Chaffst Bar (Datmeal/Chaffst Bar) Milk, Low Fat or Fat Free ***********************************	PREAKFAST*** Bacon Biscuit Fresh Fruit 100% Milk, Low Fat or Fat Free **********************************	Pillsbury Mini Maple Burstin Pancakes Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free ***********************************	Warm Cinnamon Roll Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free *****LUNCH**** Oven Grilled Cheese Tomato Soup Broccoli Pears Assorted Fresh Fruit Milk, Low Fat or Fat Free Grill: Grilled Quesadilla Fresh Creation:Made to Order Baked Potato Bar
Worm Pillsbury Mini Cini Pull Aparts Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free	Breakfast Bar (Oatmeal or Oatmeal/Chast Bar (Oatmeal or Oatmeal/Chac Chip) Fresh Fruit Milk, Low Fat or Fat Free	Presh Fruit Milk, Low Fot or Fat Free	Pillsbury Mini Maple Burstin Pancakes Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free ***LUNCH***** Chili W/Oyster Crackers & Cheese or Chili Snoahetti w/Cheese Tossed Salad Corn Peaches Deluxe Fruit Salad Milk, Low Fat or Fat Free Grill: Southwest BBQ on Grilled Bun Fresh Creation: Made to Order Soup	Warm Cinnamon Roll Fresh Fruit 100% Fruit Milk, Low Fat or Fat Free ****LUNCH**** Oven Grilled Cheese Tomato Soup Broccoli Pears Assorted Fresh Fruit Milk, Low Fat or Fat Free Grill: Grilled Quesadilla Fresh Creation: Made to Order Baked