



MARCH 2017

THREE RIVERS ELEMENTARY SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>**** BREAKFAST ****</p> <p>Oatmeal and Quaker Granola Bar Strawberries 100% Juice (4 oz) Milk, Low Fat or Fat Free ***** LUNCH *****</p> <p>Brunch for Lunch French Toastix (3) Scrambled Eggs Yogurt Tator Tots Fresh Mixed Greens Carrots Peaches/Cinnamon Apple Milk, Low Fat or Fat Free</p>	<p>2</p> <p>**** BREAKFAST ****</p> <p>Flapstick Applesauce 100% Fruit Juice Milk, Low Fat or Fat Free ***** LUNCH *****</p> <p>Chicken Nuggets (5) Mini Soft Pretzel Corn Bakes Beans Fresh Mixed Greens Apple/Strawberries Milk, Low Fat or Fat Free</p>	<p>3</p> <p>**** BREAKFAST ****</p> <p>Warm Cinnamon Roll Orange Smiles 100% Juice Milk, Low Fat or Fat Free ***** LUNCH *****</p> <p>Grilled Cheese & Tomato Soup Celery w/Peanut Butter Peas Orange Smile Raisins Milk, Low Fat or Fat Free</p>
<p>6</p> <p>**** BREAKFAST ****</p> <p>Pillsbury Mini-Maple Pancakes Fresh Fruit 100% Juice Milk, Low Fat or Fat Free ***** LUNCH *****</p> <p>Cheesy Bread w/Marinara Sauce Broccoli Salad Fresh Mixed Greens Applesauce Fresh Fruit Milk, Low Fat or Fat Free</p>	<p>7</p> <p>**** BREAKFAST ****</p> <p>Mixed Berry Bread Peaches 100% Juice Fruit Milk, Low Fat or Fat Free ***** LUNCH *****</p> <p>General TSO's Chicken or Popcorn Chicken Brown Rice Carrots Cheesy Potatoes Fresh Mixed Greens Cinnamon Apples Milk, Low Fat or Fat Free</p>	<p>8</p> <p>**** BREAKFAST ****</p> <p>Breakfast Pizza Raisins 100% Juice Milk, Low Fat or Fat Free ***** LUNCH *****</p> <p>Chili Cheese Dip w/Nachos Baked Beans Corn Salad w/Veggies Pears Strawberries Milk, Low Fat or Fat Free</p>	<p>9</p> <p>**** BREAKFAST ****</p> <p>Eggo French Toast Choc Chip Minis Strawberries 100% Juice Milk, Low Fat or Fat Free ***** LUNCH *****</p> <p>Chicken Rings (5) Mini Soft Pretzel Baked French Fries Broccoli Fresh Mixed Greens Applesauce Deluxe Fruit Salad Milk, Low Fat or Fat Free</p>	<p>10</p> <p>**** BREAKFAST ****</p> <p>Warm Cinnamon Toast Pear Cup 100% Juice Milk, Low Fat or Fat Free ***** LUNCH *****</p> <p>Whole Grain Stuffed Crust Cheese Pizza Carrots Green Beans Tossed Salad Peaches Fruit Cocktail Milk, Low Fat or Fat Free</p>
<p>13</p> <p>**** BREAKFAST ****</p> <p>Oatmeal and Quaker Granola Bar Pear Cup 100% Fruit Juice Milk, Low Fat or Fat Free ***** LUNCH *****</p> <p>Buffalo or Plain Chicken Tenders Dinner Roll Peas Cheesy Potatoes Salad w/Veggies Strawberries Pineapple Milk, Low Fat or Fat Free</p>	<p>14</p> <p>**** BREAKFAST ****</p> <p>Bacon Biscuit Applesauce 100% Fruit Juice Milk, Low Fat or Fat Free ***** LUNCH *****</p> <p>Nacho Chip Dippers w/ Taco Meat, Cheese, & Salsa Baked Beans Salad w/Veggies Applesauce 100% Fruit Juice Milk, Low Fat or Fat Free</p>	<p>15</p> <p>**** BREAKFAST ****</p> <p>Quaker Choc Chip Breakfast Bar Raisins 100% Fruit Juice Milk, Low Fat or Fat Free ***** LUNCH *****</p> <p>Cheese and Pepperoni Calazone Marinara Sauce Green Beans Tossed Salad Pears Raisins Milk, Low Fat or Fat Free</p>	<p>16</p> <p>**** BREAKFAST ****</p> <p>Kellogg's Pop Tart Sausage Patty Orange Smiles 100% Fruit Juice Milk, Low Fat or Fat Free ***** LUNCH *****</p> <p>Chili 3 Way Salad Carrot Sticks w/Ranch Corn Mandarin Oranges Deluxe Fruit Salad Milk, Low Fat or Fat Free</p>	<p>17</p> <p>**** BREAKFAST ****</p> <p>Trix Yogurt Scooby Doo Graham Sticks Peaches 100% Fruit Juice Milk, Low Fat or Fat Free ***** LUNCH *****</p> <p>Cheese Quesadilla Broccoli Celery W/Peanut Butter Peaches Fresh Fruit Milk, Low Fat or Fat Free</p>
<p>20</p> <p>**** BREAKFAST ****</p> <p>Flapstick Assorted Fresh Fruit 100% Fruit Juice Fruit Milk, Low Fat or Fat Free ***** LUNCH *****</p> <p>Chicken Snackers Mini Soft Pretzel Cheesy Potatoes Mixed Greens w/Cherry Tomatoes Applesauce 100% Juice Orange Juice Milk, Low Fat or Fat Free</p>	<p>21</p> <p>**** BREAKFAST ****</p> <p>Choc Chip French Toast Minis Applesauce 100% Fruit Juice Milk, Low Fat or Fat Free ***** LUNCH *****</p> <p>Cheeseburger on Bun Carrots Green Beans Tossed Salad Apple Deluxe Fruit Salad Milk, Low Fat or Fat Free</p>	<p>22</p> <p>**** BREAKFAST ****</p> <p>Breakfast Pizza Peaches 100% Fruit Juice Milk, Low Fat or Fat Free ***** LUNCH *****</p> <p>Brunch for Lunch French Toastix Sausage Patty Scrambled Eggs Tator Tots Broccoli Tossed Salad Strawberries Milk, Low Fat or Fat Free</p>	<p>24</p> <p style="font-size: 2em;">NO SCHOOL</p>	<p>25</p> <p style="font-size: 2em;">NO SCHOOL</p>
<p>27</p> <p>**** BREAKFAST ****</p> <p>Pillsbury Mini Cinnis Applesauce 100% Fruit Juice Milk, Low Fat or Fat Free ***** LUNCH *****</p> <p>Rotini w/ Meat Sauce Dinner Roll Carrots Broccoli Tossed Salad Applesauce Deluxe Fruit Salad Milk, Low Fat or Fat Free</p>	<p>28</p> <p>**** BREAKFAST ****</p> <p>Quaker Choc Chip Breakfast Bar Assorted Fresh Fruit 100% Fruit Juice Milk, Low Fat or Fat Free ***** LUNCH *****</p> <p>Grilled Cheese Sandwich Tomato Soup Tossed Salad Celery w/Peanut Butter Fresh Fruit 100% Fruit Juice Milk, Low Fat or Fat Free</p>	<p>29</p> <p>**** BREAKFAST ****</p> <p>Pillsbury Cream Cheese Filled Mini Bagel Pear Cup 100% Fruit Juice Milk, Low Fat or Fat Free ***** LUNCH *****</p> <p>Chicken Nuggets Mini Soft Pretzel Green Beans Carrot Sticks w/Ranch Tossed Salad Apple Mandarin Oranges Milk, Low Fat or Fat Free</p>	<p>30</p> <p>**** BREAKFAST ****</p> <p>Pillsbury Mini-Maple Pancakes Strawberries 100% Fruit Juice Milk, Low Fat or Fat Free ***** LUNCH *****</p> <p>Nachos w/ Taco Beef and Cheese Baked Beans Tossed Salad w/Cherry Tomatoes Strawberries Deluxe Fruit Salad Milk, Low Fat or Fat Free</p>	<p>31</p> <p>**** BREAKFAST ****</p> <p>Warm Cinnamon Roll Peaches 100% Fruit Juice Milk, Low Fat or Fat Free ***** LUNCH *****</p> <p>Mozzarella Cheese Sticks Marinara Sauce Corn Tossed Salad Pears Peaches Milk, Low Fat or Fat Free</p>

Meal Prices: Breakfast \$1.50
Lunch \$2.60
Fresh Fare \$3.60

Lunch Includes: Main Dish, 2 Fruits, 2 Vegetables and a Milk