

FEBRUARY 2019

Four Rivers Charter School

Menus are subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW...

THE ROMAN MONTH FEBRUARIUS WAS NAMED AFTER THE LATIN TERM FEBRUUM, WHICH MEANS PURIFICATION, VIA THE PURIFICATION RITUAL FEBRUA HELD ON FEBRUARY 15 (FULL MOON) IN THE OLD LUNAR ROMAN CALENDAR.

4

Popcorn Chicken
Mashed Potatoes with Gravy
Whole Grain Dinner Roll
Steamed Carrots
Assorted Fruit

5

Bagel Turkey Melt
Homemade Soup
Corn & Black Bean Salad
Fresh Fruit
Fresh Fruit

6

Pasta Wednesdays!
Chicken Parmesan
Served over Whole Grain
Pasta with Marinara Sauce
and Garlic Bread
Fresh broccoli
Fresh Fruit

7

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

8

Pizza of the Day!
Garden Salad
Assorted Fruit

11

Grilled Cheese Sandwich
Homemade Turkey Soup
Green Beans
Fresh Fruit

12

Roasted Turkey Dinner
Mashed Potatoes & Gravy
Dinner Roll
Vegetable Medley
Assorted Fruit

13

Pasta Wednesdays!
Pasta with Meat Sauce
and Garlic Bread
Steamed Carrots
Fresh Fruit

14

Chef Sam's Smoky BBQ
Pork Chili
Cornbread
Corn
Assorted Fruit

15

Pizza of the Day!
Garden Salad
Fresh Fruit

18

Winter Break
No School

19

Winter Break
No School

20

Winter Break
No School

21

Winter Break
No School

22

Winter Break
No School

25

Spicy Chicken Patty
Sandwich
Tator Tots
Peas
Assorted Fruit

26

Soft Fish Tacos
With Lime Cabbage Slaw
Baja Fish Taco Sauce
Pico De Gallo
Rice & Beans
Fresh Fruit

27

Pasta Wednesdays!
Chicken & Broccoli
Alfredo over pasta
Steamed Carrots
Garlic Knot
Assorted Fruit

28

Thanksgiving Sandwich
With Turkey, Stuffing,
Cranberry Sauce,
Cheddar Cheese
Sweet Potato Fries
Fresh Fruit

Entrée Alternates

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

Tuesdays: Pulled Pork Sandwich, Salad (Chef or Veg), SB&J Sandwich

Wednesdays: Meatball Grinder, SB&J Sandwich

Thursdays: Turkey Sandwich, Fish & Chips, SB&J Sandwich

Fridays: Salad (Chef or Veg), Nacho Chips & Dip, SB&J Sandwich

**All alternates are served with fruits & vegetable choices*

Café News

Chef Sam's Smoky BBQ Pork Chili is being served on February 14th!



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