

# October 2024

# LUNCH MENU

# Four Rivers

## MONDAY

**One Mighty Mill** 30  
**Bagel Egg & Cheese Sandwich**  
Yogurt  
Orange Slices

**Bean & Cheese Pupusa** 7  
w/ Curtido & Salsa  
Street Corn Salad  
Peaches w/ Tajin

**No School** 14  
Indigenous Peoples' Day



**Mozzarella Sticks** 21  
w/ Marinara Sauce  
Roasted Broccoli  
Fruit Cup

**Soft Pretzel** 28  
w/ Honey Mustard,  
**Local** Cabot  
Cheddar, Chocolate  
Chickpea Dip, Apple  
Slices, Asstd Veggies

## TUESDAY

**Chicken Caesar Salad Wrap** 1  
Fun Sized Chips  
Carrot Sticks w/ Dip  
**Local** Apple

**French Toast Sticks** 8  
**Local** Maple  
Sausage, Sweet  
Potato Waffle Fries,  
**Local** Pear

**No School**  
Teacher Planning



**Chicken Quesadilla** 22  
Salsa, Sour Cream,  
& Guacamole  
Cowboy Caviar  
Grapes

**Chicken Patty Sandwich** 29  
Curly Fries  
Red Pepper Slices  
Fresh Melon

## WEDNESDAY

**Smoky BBQ Pork Chili** 2  
w/ Cheese &  
Sour Cream  
Tortilla Chips  
Broccoli w/ Dip  
Fruit Cup

**Cheeseburger** 9  
Oven Fries  
Pickle Chips  
Fresh Melon

**Buccaneer Burrito** 16  
w/ Salsa &  
Sour Cream  
Parrot Peppers  
Ocean Orange



**Cheesy Harvest Fri-TOT-a w/ Bacon** 23  
Buttered English  
Muffin  
Cucumber Slices  
Grapefruit Wedges

**Jalapeño Mac & Cheese** 30  
Cornbread  
Broccoli Salad  
**Local** Pear

## THURSDAY

**Penne w/ Meat Sauce** 3  
Buttered Peas  
Berries & Cream

**Ham & Cheese Croissant Deli Melt** 10  
Carrot & Celery  
Sticks w/ Dip  
**Local** Apple Cider

**High Seas Fish Sticks**, Mariner 17  
Mashed Potatoes,  
Greedy Garlic Knot,  
Compass Carrots,  
Treasure Chest  
Fruit Salad



**Cook's Choice** 24  
Assorted Fruits &  
Vegetables

**Chicken & Veggie Dumplings**, Teriyaki 31  
Glazed **Local** Carrots  
Edamame Salad  
Mandarin Oranges  
Fortune Cookie

## FRIDAY

**Pizza** 4  
Garden Salad  
Assorted Fruits &  
Vegetables

**Pizza** 11  
Garden Salad  
Assorted Fruits &  
Vegetables

**Pirate's Pizza** 18  
Sailor Spinach Salad  
Fortune Fruit



**Deli Wrap** 25  
Baby Carrots  
w/ Ranch  
Apple Slices

**Pizza w/ Local** 1  
**One Mighty Mill** Crust  
Garden Salad  
Assorted Fruits &  
Vegetables

## DAILY ALTERNATES

**Available Daily:**  
Sunbutter & Jelly,  
Cheese Sandwich,  
Salad, Deli Sandwich

**Monday**  
Pizza

**Tuesday**  
Meatball Sub

**Wednesday**  
Nachos

**Thursday**  
Smoothie Meal

**Friday**  
Chicken Patty

## Harvest of the Month:

### PEARS

**Fun Fact:**  
Every pear  
in the U.S. is  
hand  
picked!



**Set sail for a week of  
delicious adventures!**



If students do not take  
a meal, they may  
purchase milk  
separately for \$0.60

This institution is an equal  
opportunity provider and  
employer. **Menus may  
contain allergens.**



## IMPORTANT REMINDERS:

- ALL FRCPS students now qualify for FREE breakfast and lunch under CEP through School Year 2026-2027!
- All meals are served with milk and assorted fruits & vegetables
- Menu subject to change



## NATIONAL SCHOOL LUNCH WEEK

**Real pirates eat their fruits and veggies!** Join us October 14-18 as we celebrate #NSLW24 with a special "School Lunch Pirates" themed menu, decorations, and prizes!

