

APRIL 2023

Three Rivers Montessori

Monday

Tuesday

Wednesday

Thursday

Friday

3

NO SCHOOL

4

NO SCHOOL

5

NO SCHOOL

6

NO SCHOOL

7

NO SCHOOL

10

Pizza Hot Dish*
½ Cup Green Beans
Peaches

Alt Cold: Turkey & Cheese Sandwich

11

Sloppy Joes
Whole Grain Bun*
¼ Cup Corn
½ Cup Baked Beans
Fruit Cocktail

Alt Cold: Ham & Cheese Sandwich

12

Teriyaki Chicken and Rice Hot Dish*
with ¼ Cup Peas and Carrots
½ Cup Baby Carrots
Apple

Alt Cold: Chef Salad

13

Salisbury Steak
Whole Grain Bread*
½ Cup Mashed Potatoes
¼ Cup Mixed Vegetables

Alt Cold: Turkey & Cheese Sandwich

14

Chicken Patty
Whole Grain Bun*
1 Cup Romaine
¼ Cup Cucumbers
Cantaloupe

Alt Cold: Ham & Cheese Sandwich

17

Spaghetti*
½ Cup Green Beans
Pears

Alt Cold: Turkey & Cheese Sandwich

18

Chicken Enchilada Hot Dish*
with ½ Cup Black Beans
¼ Cup Mixed Vegetables
Apple

Alt Cold: Ham & Cheese Sandwich

19

Hamburger
Whole Grain Bun*
½ Cup Baby Carrots
¼ Cup Cucumbers
Orange

Alt Cold: Chicken Caesar Salad

20

Pizza Hut Cheese Pizza Slice
1 Cup Romaine
Banana

Alt Cold: Turkey & Cheese Sandwich

21

Turkey Gravy
Whole Grain Rich Bread*
Mashed Potatoes
¼ Cup Corn
Pineapple

Alt Cold: Ham & Cheese Sandwich

24

BBQ Chicken
Whole Grain Bun*
½ Cup Baked Beans
¼ Cup Peas
Peaches

Alt Cold: Turkey & Cheese Sandwich

25

Mac and Cheese*
¾ Cup Green Beans
Fruit Cocktail

Alt Cold: Ham & Cheese Sandwich

26

Meatballs
Whole Grain Bread*
½ Cup Mashed Potatoes
¼ Cup Carrots
Apple

Alt Cold: Chef Salad

27

Italian Chicken and Rice*
½ Cup Broccoli
Banana

Alt Cold: Turkey & Cheese Sandwich

28

Beef Taco
Whole Grain Tortilla*
½ Cup Corn
Cantaloupe

Alt Cold: Ham & Cheese Sandwich

Menus subject to change based on availability of items.

Menu items marked with (*) are whole grain rich.

NOTE: Menus may contain nuts, seeds, milk, egg, soybean, and other ingredients

Vegetable Serving Size = ¼ Cup unless otherwise noted