

# LUNCH

# SEPTEMBER 2024

Three Rivers Montessori

Revised: August 15, 2024  
Subject to Changes

## Monday

2

CLOSED

9

Chicken Nuggets  
¾ Cup Peas and Carrots  
Peaches

Alt Cold: Turkey & Cheese Sandwich

16

Mac and Cheese  
¾ Cup Green Beans  
Pears

Alt Cold: Turkey & Cheese Sandwich

23

Meatball Sandwich  
½ Cup Green Beans  
Peaches

Alt Cold: Turkey & Cheese Sandwich

30

Spaghetti  
½ Cup Green Beans  
Pears

Alt Cold: Turkey & Cheese Sandwich

## Tuesday

3

Meatball Penne  
½ Cup Corn  
Applesauce

Alt Cold: Ham & Cheese Sandwich

10

Pizza Hot Dish  
1 Cup Romaine  
Fruit Cocktail

Alt Cold: Ham & Cheese Sandwich

17

Chicken Teriyaki Rice Hot Dish  
with ¼ Cup Peas and Carrots  
½ Cup Corn  
Applesauce

Alt Cold: Ham & Cheese Sandwich

24

Chicken Penne Alfredo  
¾ Cup Diced Carrots  
Fruit Cocktail

Alt Cold: Ham & Cheese Sandwich

## Wednesday

4

Chicken Patty  
Whole Grain Bun  
½ Cup Baked Beans  
½ Cup Baby Carrots  
Orange

Alt Cold: Chicken Taco Salad

11

Hamburger  
Whole Grain Bun  
½ Cup Baby Carrots  
¼ Cup Green Beans  
Apple

Alt Cold: Chef Salad

18

Beef Walking Taco  
Whole Grain Doritos  
Cheese  
½ Cup Lettuce | ½ Cup Black Beans  
Orange

Alt Cold: Chicken Caesar Salad

25

Sloppy Joes  
Whole Grain Bun  
¾ Cup Baked Beans  
Apple

Alt Cold: Chicken Taco Salad

## Thursday

5

Cheese Pizza  
1 Cup Romaine  
Banana

Alt Cold: Ham & Cheese Sandwich

12

Chicken Enchilada Hot Dish  
with 1/2 Cup Black Beans  
¼ Cup Cucumbers  
Cantaloupe

Alt Cold: Ham & Cheese Sandwich

19

Cheese Pizza  
1 Cup Romaine  
Banana

Alt Cold: Ham & Cheese Sandwich

26

Cheesy Chicken and Rice  
1 Cup Romaine  
¼ Cup Baby Carrots  
Honeydew

Alt Cold: Ham & Cheese Sandwich

## Friday

6

Italian Chicken and Rice  
½ Cup Green Beans  
Pineapple

Alt Cold: Turkey & Cheese Sandwich

13

Meatballs  
¾ Cup Mashed Potatoes  
Banana

Alt Cold: Turkey & Cheese Sandwich

20

BBQ Chicken  
Whole Grain Bun  
¾ Cup Baby Carrots  
Pineapple

Alt Cold: Turkey & Cheese Sandwich

27

Salisbury Steak  
¾ Cup Mashed Potatoes  
Banana

Alt Cold: Turkey & Cheese Sandwich



Menu subject to change based on availability of items.

This institution is an equal opportunity provider.

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

Vegetable Serving Size = ¼ Cup unless otherwise noted