



Three Rivers Montessori Lunch Menu

September 2021

*All menu items are subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WEEKLY BREAKFAST MENU</p> <p>Breakfast is offered free of charge to all students each day.</p> <p>MONDAY: Muffin</p> <p>TUESDAY: Nutrigrain Bar</p> <p>WEDNESDAY Bagel with Cream Cheese</p> <p>THURSDAY Cereal</p> <p>FRIDAY Muffin</p> <p>Each breakfast is served with: Fruit, Juice and White Milk</p>	<p>Labor Day Closed 6</p>	<p>A) WG Chicken Nuggets 7 B) Cheese Sandwich</p> <p>Baby Carrots Baked Beans Red Apple Sun Chips Milk.</p>	<p>A) Swedish Meatballs with mashed Potatoes 8 B) Brown rice + beans</p> <p>Grape Tomatoes Banana Slice of WG Bread Milk</p>	<p>A) Wild Rice Hot Dish with Sliced Chicken 9 B) Vegetable rice soup</p> <p>Mixed Green Salad with Salad Topping & Dressing Red Grapes WG Garlic Bread Stick Milk</p>	<p>A) Turkey sub on a WG Hoagie Bun 10 B) Cheese Sub on a WG Hoagie Bun</p> <p>Fresh Broccoli Orange Milk</p>
	<p>A) WG Chicken Patty on a WG Bun 13 B) Cheese Sandwich</p> <p>Seasoned Brown Rice Baby Carrots Fresh Pear Milk</p>	<p>A) Beef Hot Dog on a WG Coney Bun 14 B) Brown Rice + Beans</p> <p>Grape Tomatoes Baked Beans Banana Milk</p>	<p>A) WG Cheese Pizza 15 B) WG Cheese Pizza</p> <p>Mixed Green Salad with Salad Topping & Dressing Red Grapes Milk</p>	<p>A) Chicken Breast on a WG Bun with White Cheese 16 B) BBQ Beans on a WG bun</p> <p>Carrot + Celery Sticks Red Apple Sun Chips Milk</p>	<p>A) Turkey sub on a WG Hoagie Bun 17 B) Cheese Sub on a WG Hoagie Bun</p> <p>Fresh Broccoli Diced Melon Milk</p>
	<p>A) BBQ Chicken on a WG Bun 20 B) Cheese Sandwich</p> <p>Carrot + Celery Sticks Red Apple Sun Chips Milk</p>	<p>A) WG Penne Pasta with Beef and Cheese 21 B) Pasta Marinara</p> <p>Mixed Green Salad with Salad Topping & Dressing Red Grapes W.G. Garlic Bread Stick Milk</p>	<p>A) Chicken Breast in a Chicken Gravy with Mashed Potatoes 22 B) Brown Rice + Beans</p> <p>Grape Tomatoes Banana Slice of W.G. Bread Milk</p>	<p>A) WG Chicken Corn Dog With Baked Beans 23 B) Vegetable rice soup</p> <p>Fresh Broccoli Diced Melon Milk</p>	<p>A) Turkey sub on a WG Hoagie Bun 24 B) Cheese Sub on a WG Hoagie Bun</p> <p>Creamy Cole Slaw Orange Milk</p>
	<p>A) WG Chicken Tenders 27 B) Cheese Sandwich</p> <p>Baby Carrots Fresh Pear Sun Chips Milk</p>	<p>A) Cheese Burger on a WG Bun and Baked Beans 28 B) BBQ Beans on a WG Bun</p> <p>Fresh Broccoli Banana Milk</p>	<p>A) Chicken and WG Penne in a Rosa Sauce 29 B) Pasta Marinara</p> <p>Mixed Green Salad with Salad Topping & Dressing Red Grapes W.G. Garlic Bread Stick Milk</p>	<p>A) 2 Soft WG Beef Tacos 30 B) 2 Soft WG Bean Tacos</p> <p>Lettuce + Cheese Seasoned Black Beans Red Apple Tortilla Chips + Salsa Milk .</p>	