



Three Rivers Montessori Lunch Menu

April 2021

*All menu items are subject to change.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Sandwich Option

Monday - Turkey + Cheddar on a W.G. Bun

Tuesday - Chicken + Cheddar Wrap with Ranch

Wednesday - Turkey Sub on a W.G. Hoagie Bun

Thursday - Turkey Ham + Swiss on a W.G. Bun

Friday - Chicken Caesar Wrap

*** All sandwiches come with fruit and vegetable of the day.**

Salad Options

Monday - Chef Salad

Tuesday - Beef Taco Salad

Wednesday - Cranberry Chicken Salad

Thursday - Chicken Caesar Salad

Friday - Beef Taco Salad

*** All salads served with breadstick and fruit of the day.**

			Soft W.G. Beef Taco x2 1 Lettuce + Cheese Seasoned Black Beans Broccoli Red Apple Tortilla Chips + Salsa Milk Veg - bean taco	W.G. Garlic Cheese Bread 2 Marinara Sauce Sliced Cucumbers Fresh Pear Milk
Sloppy Joe on a W.G. Bun 5 Carrot + Celery Sticks Red Apple Sun Chips Milk Veg - cheese sandwich	Sliced Chicken Alfredo with 6 W.G. Penne Pasta Mixed Green Salad with French Dressing Salad Topping Red Grapes W.G. Garlic Bread Stick Milk Veg - pasta marinara	Swedish Meatballs 7 Mashed Potatoes Grape Tomatoes Banana Slice of W.G. Bread Milk Veg - brown rice + beans	Wild Rice Hot Dish 8 with Sliced Chicken Broccoli Fresh Pear W.G. Garlic Bread Stick Milk Veg - vegetable rice soup	Cheese Burger on a 9 W.G. Bun Baked Beans Sliced Zucchini Orange Milk Veg - bbq beans on a w.g. bun
W.G. Chicken Nuggets 12 Seasoned Brown Rice Baby Carrots Golden Apple Milk Veg - cheese sandwich	Meatloaf Baked in a 13 Tomato Beef Gravy Mashed Potatoes Grape Tomatoes Banana Slice of W.G. Bread Milk Veg - brown rice + beans	Italian Meat Sauce with 14 W.G. Penne Pasta Mixed Green Salad with Creamy Italian Dressing Salad Topping Red Grapes W.G. Garlic Bread Stick Milk Veg - pasta marinara	Chicken Breast on a 15 W.G. Bun Slice of White Cheese Broccoli Red Apple Sun Chips Milk Veg - bbq beans on a w.g. bun	Chili with Beef and Beans 16 Sliced Cucumbers Orange W.G. Garlic Bread Stick Milk Veg - bean chili
BBQ Chicken 19 on a W.G. Bun Carrot + Celery Sticks Red Apple Sun Chips Milk Veg - cheese sandwich	W.G. Cheese Pizza 20 Mixed Salad with Creamy Italian Dressing Salad Topping Red Grapes Milk	Salisbury Steak in a 21 Beef Gravy Mashed Potatoes Grape Tomatoes Banana Slice of W.G. Bread Milk Veg - brown rice + beans	Soft W.G. Chicken Taco x2 22 Lettuce + Cheese Seasoned Black Beans Baby Carrots Fresh Pear Tortilla Chips + Salsa Milk Veg - bean taco	Italian Meatballs on a 23 W.G. Coney Bun Shredded Cheese Seasoned Hash Browns Broccoli Orange Milk Veg - vegetable rice soup
W.G. Chicken Tenders 26 Seasoned Brown Rice Baby Carrots Fresh Pear Milk Veg - cheese sandwich	Cheese Burger on a 27 W.G. Bun Baked Beans Creamy Cole Slaw Red Apple Milk Veg - bbq beans on a w.g. bun	W.G. Pasta in Marinara 28 with Sliced Chicken Mixed Green Salad with Creamy Italian Dressing Salad Topping Red Grapes W.G. Garlic Bread Stick Milk Veg - pasta marinara	Chicken Breast in a 29 Chicken Gravy Mashed Potatoes Grape Tomatoes Banana Slice of W.G. Bread Milk Veg - brown rice + beans	W.G. Chicken Corndog 30 Fresh Broccoli Orange Sun Chips Milk Veg - vegetable rice soup