

November 2018

The week of the 1st through the 2nd.

Three Rivers Middle School Menu



Breakfast Feature

- M:
- T:
- W:
- T: Pancakes
- F: No School

Daily Options

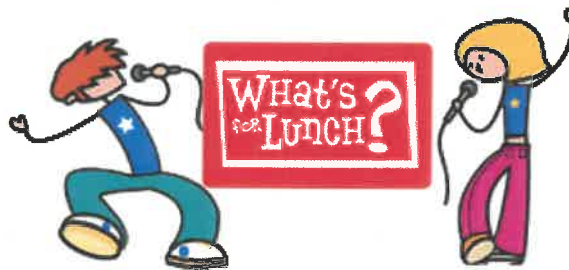
- Cold or Hot Cereal
w/ Toast
- Bagel w/ Cream Cheese
- Grab & Go Breakfast

All breakfasts come with choice of entrée, fruit, and milk option.

All meals come with at least a half cup of fruits/veggies. Seasonal Fresh Fruits and Vegetables, plus Garden Salad Greens and local Umpqua Low Fat White or Fat Free Milk available with every meal.

Daily Lunch Options

- Built-to-order Sub Sandwich
- Chicken Patty
- Spicy Chicken Patty
- Hamburger
- Cheeseburger
- Sunflower Butter & Jelly
- Hot/Cold Cheese Sandwich



Special of the Day

- M:
- T:
- W:
- T: Popcorn Chicken Bowl
- F: No School

All Daily Lunch Options served with a whole grain bun or roll.
(Cheese optional on sandwiches.)

Featured Sandwich

- M:
- T:
- W:
- T: American Combo Sub
- F: No School



Specialty Salads

- M:
- T:
- W:
- T: Taco Salad
- F: No School



MENU IS AVAILABLE ONLINE

November 2018

The week of the 5th through the 9th.

Three Rivers Middle School Menu



Breakfast Feature

- M: Breakfast Pizza
- T: Pancake Bites
- W: Biscuit & Gravy
- T: Scramble Eggs
- F: Yogurt Cup & Graham Crackers

Daily Options

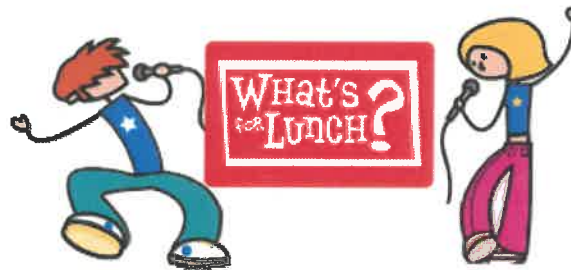
- Cold or Hot Cereal
w/ Toast
- Bagel w/ Cream Cheese
- Grab & Go Breakfast

All breakfasts come with choice of entrée, fruit, and milk option.

All meals come with at least a half cup of fruits/veggies. Seasonal Fresh Fruits and Vegetables, plus Garden Salad Greens and local Umpqua Low Fat White or Fat Free Milk available with every meal.

Daily Lunch Options

- Built-to-order Sub Sandwich
- Chicken Patty
- Spicy Chicken Patty
- Hamburger
- Cheeseburger
- Sunflower Butter & Jelly
- Hot/Cold Cheese Sandwich



Special of the Day

- M: Bean & Cheese Enchilada
- T: Chicken and Waffle
- W: Turkey Gravy w/ Mashed Potato
- T: Meatballs with Pasta
- F: Pizza

All Daily Lunch Options served with a whole grain bun or roll.
(Cheese optional on sandwiches.)

Featured Sandwich

- M: Turkey & Cheese
- T: Ham & Cheese
- W: Italian Sub
- T: Buffalo Chicken Wrap
- F: Sunbutter & Jelly



Specialty Salads

- M: Chef Salad
- T: Spinach Salad
- W: Chicken Caesar
- T: Taco Salad
- F: Garden Salad



MENU IS AVAILABLE ONLINE

November 2018

The week of the 12th through the 16th.

Three Rivers Middle School Menu



Breakfast Feature

- M: Veterans Day
- T: Breakfast Slider
- W: Cinnamon Roll
- T: Sausage/Cheese/English Muffin
- F: Yogurt Cup & Graham Crackers

Daily Options

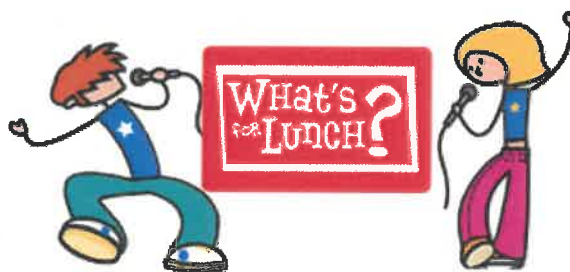
- Cold or Hot Cereal
w/ Toast
- Bagel w/ Cream Cheese
- Grab & Go Breakfast

All breakfasts come with choice of entrée, fruit, and milk option.

All meals come with at least a half cup of fruits/veggies. Seasonal Fresh Fruits and Vegetables, plus Garden Salad Greens and local Umpqua Low Fat White or Fat Free Milk available with every meal.

Daily Lunch Options

- Built-to-order Sub Sandwich
- Chicken Patty
- Spicy Chicken Patty
- Hamburger
- Cheeseburger
- Sunflower Butter & Jelly
- Hot/Cold Cheese Sandwich



Special of the Day

- M: Veterans Day
- T: Cheese Breadsticks
- W: Nachos
- T: Grilled Cheese & Soup
- F: Chicken Parm

All Daily Lunch Options served with a whole grain bun or roll.
(Cheese optional on sandwiches.)

Featured Sandwich

- M: Veterans Day
- T: Ham & Cheese
- W: Italian Sub
- T: American Combo Sub
- F: Sunbutter & Jelly



Specialty Salads

- M: Veterans Day
- T: Spinach Salad
- W: Chicken Caesar
- T: Taco Salad
- F: Garden Salad



MENU IS AVAILABLE ONLINE

November 2018

The week of the 26th through the 30th.

Three Rivers Middle School Menu



Breakfast Feature

M: Breakfast Sliders

T: Pancake Bites

W: Cinnamon Roll

T: Yogurt Parfait

F: Egg & Cheese on English Muffin

Daily Options

Cold or Hot Cereal

w/ Toast

Bagel w/Cream Cheese

Grab & Go Breakfast

All breakfasts come with choice of entrée, fruit, and milk option.

All meals come with at least a half cup of fruits/veggies. Seasonal Fresh Fruits and Vegetables, plus Garden Salad Greens and local Umpqua Low Fat White or Fat Free Milk available with every meal.

Daily Lunch Options

Built-to-order Sub Sandwich

Chicken Patty

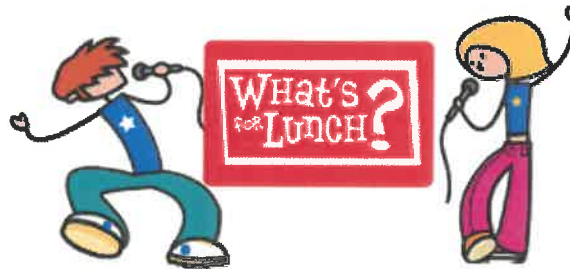
Spicy Chicken Patty

Hamburger

Cheeseburger

Sunflower Butter & Jelly

Hot/Cold Cheese Sandwich



Special of the Day

M: Chicken Pad Thai

T: Tacos and Fajitas

W: Nachos

T: Grilled Cheese & Soup

F: Pizza

All Daily Lunch Options served with a whole grain bun or roll.
(Cheese optional on sandwiches.)

Featured Sandwich

M: Chicken Caesar Wrap

T: Ham & Cheese

W: Italian Sub

T: American Combo Sub

F: Sunbutter & Jelly



Specialty Salads

M: Chef Salad

T: Spinach Salad

W: Chicken Caesar

T: Taco Salad

F: Garden Salad



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