FRESH n' LOCAL FOODS

Three Rivers Charter School

Lunch orders & payments are due by October 18th! Sorry, no late orders can be accepted – NO EXCEPTIONS!

FEATURE OF THE MONTH
Spielman Wholesale Bagels

Spielman Wholesale Bagels was started from a tiny kettle in the back of owner Rick Spielman's Coffee Roasters (retail store). They are "Portland Style" kettle boiled bagels made with sourdough starter, milk and honey. This makes a crusty bagel with a wonderfully chewy center and a slight tang. They now produce over 5000 bagels per week in their wholesale bakeshop and deliver daily.

TUESDAY			THURSDAY		
Student(s) Name: _____ Total # of Lunches Ordered: _____ _____ X $5.00 = $_____ (Total Amount Due)			**2** Lunch: (*V*) Mozzarella Pasta Bake, fresh fruit, and veggies Alt. Lunch: (*V, GF, DF*) GF Hummus Veggie Wrap, fresh fruit, and veggies	11/2/17 Lunch Qty:_____ Alt Lunch Qty: _____	
	7 Lunch: (*DF*) Chicken Salad Pita Pocket, fresh fruit, and veggies Alt. Lunch: (*V, GF, DF*) GF SW Black Bean Wrap, fresh fruit, and veggies	11/7/17 Lunch Qty:_____ Alt Lunch Qty: _____	**9** Lunch: (*V*) Rolled Enchiladas Rojas, fresh fruit, and veggies Alt. Lunch: (*V, GF, DF*) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies	11/9/17 Lunch Qty:_____ Alt Lunch Qty: _____	
	14 Lunch: (*V*) Bean and Cheese Burrito, fresh fruit, and veggies Alt. Lunch: (*V, GF, DF*) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies	11/14/17 Lunch Qty:_____ Alt Lunch Qty: _____	**16** Lunch: Chicken Pot Pie, fresh fruit, and veggies Alt. Lunch: (*V, GF, DF*) GF Fiesta Pasta Salad, fresh fruit, and veggies	11/16/17 Lunch Qty:_____ Alt Lunch Qty: _____	
	21 NO SCHOOL		**23** NO SCHOOL		
	28 Lunch: Chicken Bacon Ranch Pasta Salad, fresh fruit, and veggies Alt. Lunch: (*V, GF, DF*) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies	11/28/17 Lunch Qty:_____ Alt Lunch Qty: _____	**30** Lunch: (*V*) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: (*V, GF, DF*) GF Hummus Veggie Wrap, fresh fruit, and veggies	11/30/17 Lunch Qty:_____ Alt Lunch Qty: _____	

DF - Dairy Free   GF - Gluten Free   V - Vegetarian   ALL MEALS ARE SERVED WITH FRESH FRUITS AND VEGETABLES

The USDA and Three Rivers are equal opportunity providers.