

# Fern Ridge Middle School Lunch Menu November 2017

Breakfast, what a way to start your day!

Mon: Biscuits & Gravy Tues: Cinnamon Bun Wed: Biscuits & Gravy Thurs: Breakfast Burrito Fri: Biscuits & Gravy  
All breakfast entrees includes: choice of fruit or juice and milk. Students: \$1.40 Reduce No Charge Adults: \$2.45



**Cold Sandwiches Made Fresh Your Way**

Available Daily

Whole Grain Sliced Bread, Hoagie Roll, Flat Bread, Flour Tortilla Turkey, Ham, Assorted Cheeses, Romaine Lettuce, Tomato, Onions, Green Peppers, and Cucumber slices (Includes vegetables choices, fruit & milk)

**Monday**  
Baby Carrots  
Chilled Peaches  
Fresh Fruit

**Tuesday**  
Dark Green Salad  
Chilled Peaches  
Fresh Fruit

**Wednesday**  
Baby Carrots  
Chilled Mixed Fruit  
Fresh Fruit

**Thursday**  
Dark Green Salad  
Chilled Peaches  
Fresh Fruit

**Friday**  
Baby Carrots  
Chilled Peaches  
Fresh Fruit

**Condiments & Salad Dressings**

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<b>Sloppy Joe on Bun</b> Baked Beans Fruit & Veggies Milk	<b>Sausage &amp; Waffle</b> Tater Tots Fruit & Veggies Milk	<b>No School Teacher Work Day</b>
6	7	8	9	10
<b>Chili Fritos w/Cheese</b> Seasoned Broccoli Fruit & Veggies Milk	<b>Crispy Chicken Sandwich</b> Golden Corn Fruit & Veggies Milk	<b>BBQ Pork Rib Sandwich</b> Baked Beans Fruit & Veggies Milk	<b>Spaghetti w/Meat Sauce &amp; Roll</b> Savory Green Beans Fruit & Veggies Milk	<b>No School Veteran's Day</b> 
13	14	15	16	17
<b>Chicken Nuggets w/Roll</b> Baked Beans Fruit & Veggies Milk	<b>Chicken &amp; Cheese Quesadilla</b> Steamed Peas Fruit & Veggies Milk	<b>Salisbury Steak w/Roll</b> Whipped Potatoes Fruit & Veggies Milk	<b>Sweet &amp; Sour Chicken w/ Rice &amp; Roll</b> Savory Green Beans Fruit & Veggies Milk	<b>Sausage Flat Bread</b> Seasoned Broccoli Fruit & Veggies Milk
20	21	22	23	24
<b>Meatball Sub</b> Baked Beans Fruit & Veggies Milk	<b>Popcorn Chicken Bowl w/Roll</b> Seasoned Corn Fruit & Veggies Milk	<b>Thanksgiving Break</b>		<b>Thanksgiving Break</b>
27	28	29	30	
<b>Chicken Nuggets w/Roll</b> Seasoned Broccoli Fruit & Veggies Milk	<b>Burrito Supreme</b> Steamed Golden Corn Fruit & Veggies Milk	<b>Macaroni &amp; Cheese w/Roll</b> Savory Green Beans Fruit & Veggies Milk	<b>Beef Macho Nachos</b> Mexican Refried Beans Fruit & Veggies Milk	



All pizzas made with reduced fat cheese and whole grain crust.

Daily Choice: **Cheese Pizza**

**Daily Specials:**

Monday: **Pepperoni Pizza**

Tuesday: **Pizza Dunkers**

Wednesday: **Pepperoni Pizza**

Thursday: **Pizza Dunkers**

Friday: **Pepperoni Pizza**

(Includes hot vegetable, fruit & veggies and milk)



All items served on whole grain buns/rolls, using lean beef and only oven baked.

**Chicken Burger available M-W-F**

**Cheeseburger available Daily**

**Corn Dog available Tues-Thur**

**Burrito available Tues-Thur**

(Includes hot vegetable, fruit & veggies and milk)



**Fresh Salads Fast- Packaged for Grab N' Go**

**Daily Specials:**

**Mondays: Ham & Cheddar Chef Salad w/Roll**

**Tuesdays: Taco Salad w/ Salsa w/Chips**

**Wednesdays: Mandarin Chicken Salad w/Roll**

**Thursdays: Chicken Salad w/Roll**

**Fridays: Chicken Caesar Salad w/Roll**

(Includes hot vegetable, fruit & veggies and milk)

**On the Go**

**Peach Parfait w/Granola**

You may qualify for free or reduced price meals.

Applications are available at all schools.

For questions regarding the food service program

you can call the food service office at

(541) 935-8218 Ext. 2

1% White Milk and Non-fat Chocolate Milk Choices Available Daily for Lunch \$.50

Lunch Prices Paid: \$2.80

Adult: \$3.65

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