

Fern Ridge Middle School Lunch Menu February 2018



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

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 Reduced: No Charge Adults \$2.45

Monday	Tuesday	Wednesday	Thursday	Friday
<h2 style="color: red;">Happy Valentine's Day!</h2>			1	2
5	6	7	8	9
Chili Fritos w/Cheese Potato Wedges Fruit & Veggies Milk	Popcorn Chicken Bowl w/Roll Golden Corn Fruit & Veggies Milk	Chicken Fajita Baked Beans Fruit & Veggies Milk	Sausage & Waffle Tater Tots Fruit & Veggies Milk	Orange Chicken w/Rice & Roll Seasoned Broccoli Fruit & Veggies Milk
12	13	14	15	16
BBQ Pork Rib Sandwich Baked Beans Fruit & Veggies Milk	Beef Soft Taco Savory Green Beans Fruit & Veggies Milk	Salisbury Steak w/Roll Whipped Potatoes Fruit & Veggies Milk 	Turkey Noodle Soup /Roll Steamed Peas Fruit & Veggies Milk	Sausage Flat Bread Seasoned Broccoli Fruit & Veggies Milk
19	20	21	22	23
No School PRESIDENT'S DAY 	Crispy Chicken Sandwich Potato Wedges Fruit & Veggies Milk	Crispy Fish Sticks w/Roll Seasoned Broccoli Fruit & Veggies Milk	Beef Macho Nachos Mexican Refried Beans Fruit & Veggies Milk	Sloppy Joe on Bun Baked Beans Fruit & Veggies Milk
26	27	28		
Chicken Nuggets w/Roll Seasoned Broccoli Fruit & Veggies Milk	Burrito Supreme Steamed Golden Corn Fruit & Veggies Milk	Chicken Fajita Savory Green Beans Fruit & Veggies Milk		

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

Lunch Prices Paid: \$2.80

Adult: \$3.65

This Institution is an Equal Opportunity Provider



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

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

(Includes hot vegetable, fruit & veggies and milk)

On the Go

Peach Parfait w/Granola

Any questions please contact:

Violet Lambert Or

Renee Ota at

(541) 935-8218