

# Fern Ridge Middle School Lunch Menu October 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 Fruit  
Fresh Fruit

**Tuesday**

Baby Carrots  
Chilled Fruit  
Fresh Fruit

**Wednesday**

Baby Carrots  
Chilled Fruit  
Fresh Fruit

**Thursday**

Dark Green Salad  
Chilled Fruit  
Fresh Fruit

**Friday**

Baby Carrots  
Chilled Fruit  
Fresh Fruit

**Condiments & Salad Dressings**

Breakfast, what a way to start your day!

Mon: Biscuits & Gravy Tues: Cinnamon Bun Wed: Biscuits & Gravy Thurs: Muffin 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
	1	2	3	4	5
	<b>Salisbury Steak w/Roll</b> Whipped Potatoes Fruit & Veggies Milk	<b>Roasted BBQ Chicken w/Roll</b> Vegetarian Baked Bean Fruit & Veggies Milk	<b>Beef Soft Taco</b> Seasoned Corn Fruit & Veggies Milk	<b>Spaghetti w/ Meat Sauce &amp; Roll</b> Savory Green Beans Fruit & Veggies Milk	<b>Sweet &amp; Sour Chicken w/Brown Rice &amp; Roll</b> Seasoned Broccoli Fruit & Veggies Milk
	8	9	10	11	12
	<b>Beef &amp; Bean Chili w/Fritos &amp; Roll</b> Oven Baked Potato Wedges Fruit & Veggies Milk	<b>Popcorn Chicken Bowl w/Roll</b> Golden Corn Fruit & Veggies Milk	<b>Chicken Fajita</b> Vegetarian Baked Beans Fruit & Veggies Milk	<b>No School Parent – Teacher Conferences</b>	<b>No School Teacher In-service</b>
	15	16	17	18	19
	<b>Roasted BBQ Chicken w/Roll</b> Vegetarian Baked Bean Fruit & Veggies Milk	<b>Beef Soft Taco</b> Seasoned Corn Fruit & Veggies Milk	<b>Salisbury Steak w/Roll</b> Whipped Potatoes Fruit & Veggies Milk	<b>Crispy Chicken Patty Sandwich</b> Tater Tots Fruit & Veggies Milk	<b>Sausage Flat Bread</b> Seasoned Broccoli Fruit & Veggies Milk
	22	23	24	25	26
	<b>Chicken Nuggets</b> Savory Green Beans Fruit & Veggies Milk	<b>BBQ Shredded Pork on a Bun</b> Vegetarian Baked Beans Fruit & Veggies Milk	<b>Italian Meatball Sub</b> Oven Baked Potato Wedges Fruit & Veggies Milk	<b>Beef Macho Nachos</b> Mexican Refried Beans Fruit & Veggies Milk	<b>Chicken Parmesan w/Spaghetti</b> Seasoned Broccoli Fruit & Veggies Milk
	29	30	31	<b>MENU SUBJECT TO CHANGE</b> 	
	<b>Salisbury Steak w/Roll</b> Whipped Potatoes Fruit & Veggies Milk	<b>Roasted BBQ Chicken w/Roll</b> Vegetarian Baked Bean Fruit & Veggies Milk	<b>Beef Soft Taco</b> Seasoned Corn Fruit & Veggies Milk		

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

Lunch Prices Paid: \$2.90

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:* **Chicken Salad w/Roll**

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

(Includes hot vegetable, fruit & veggies and milk)

**On the Go**  
**Fruit Parfait w/Granola**

You may qualify for free and reduced 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