

Fern Ridge Middle School Lunch Menu January 2019



Cold Sandwiches Made Fresh Your Way

Available Daily

Whole Grain Sliced Bread, Hoagie Roll, Flat Bread, Cheesy Bread 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

Dark Green Salad
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 Reduce No Charge Adults: \$2.45

	Monday	Tuesday	Wednesday	Thursday	Friday
Pay for meals online at www.myschoolbucks.com 					
	7	8	9	10	11
NO SCHOOL WORKDAY		BBQ Riblet Sandwich Pinto Beans Fruit & Veggies Milk	Soft Beef Taco Seasoned Corn Fruit & Veggies Milk	Spaghetti w/Meat Sauce & Roll Savory Green Beans Fruit & Veggies Milk	Sweet & Sour Chicken w/Roll Brown Rice Seasoned Broccoli Fruit & Veggies Milk
	14	15	16	17	18
Monday Baby Carrots Chilled Fruit Fresh Fruit	BBQ Riblet Sandwich Oven Baked Potato Wedges Fruit & Veggies Milk	Mashed Potato Chicken Bowl w/Roll Seasoned Corn Fruit & Veggies Milk	Chicken Fajita Pinto Beans Fruit & Veggies Milk	Crispy Chicken Patty Sandwich Tater Tots Fruit & Veggies Milk	Chicken & Cheese Quesadilla Seasoned Broccoli Fruit & Veggies Milk
Tuesday Dark Green Salad Chilled Fruit Fresh Fruit					
	21	22	23	24	25
Wednesday Baby Carrots Chilled Fruit Fresh Fruit	No School 	Beef Soft Taco Steamed Golden Corn Fruit & Veggies Milk	Salisbury Steak w/Roll Mashed Potatoes Fruit & Veggies Milk	Waffle & Sausages Tater Tots Fruit & Veggies Milk	No School Teacher Work Day
Thursday Dark Green Salad Chilled Fruit Fresh Fruit					
	28	29	30	31	
Friday Baby Carrots Chilled Fruit Fresh Fruit	Chicken Nuggets Savory Green Beans Fruit & Veggies Milk	BBQ Shredded Pork on a Bun Pinto Beans Fruit & Veggies Milk	Italian Meatball Sub Oven Baked Potato Wedges Fruit & Veggies Milk	Beef Macho Nachos Mexican Style Refried Beans 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

Please be aware that in order to get an extra entrée or second meal you will need to have money on your account to pay for it.

You will not be able to charge extra entrees or second meals.



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

Daily Choice: **Cheese Pizza**

Daily Specials:

Monday: **Pepperoni or Pepperoni & Jalapeno**

Tuesday: **Supreme Pizza**

Wednesday: **Pepperoni or Pepperoni & Jalapeno**

Thursday: **Hawaiian Pizza**

Friday: **Pepperoni or Pepperoni & Jalapeno**

(Includes hot vegetable, fruit & veggies and milk)



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

Regular and Spicy Chicken Burger available Daily

Cheeseburger available Daily

Corn Dog 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

Strawberry Parfait w/Granola

You may qualify to receive 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

Menu Subject to Change