

# Fern Ridge Middle School Lunch Menu March 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 include: choice of fruit or juice and milk. Students: \$1.40 Reduced: No Charge Adults: \$2.45

Monday	Tuesday	Wednesday	Thursday	Friday
1				
Pay for meals online at <a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a>				
<b>MY SCHOOL BUCKS</b>				
4	5	6	7	8
<b>Sloppy Joe a Bun</b> Pinto Beans Fruit & Veggies Milk	<b>Soft Beef Taco</b> Refried Beans Fruit & Veggies Milk	<b>Mashed Potato &amp; Chicken Bowl w/Roll</b> Seasoned Corn Fruit & Veggies Milk	<b>Savory Salisbury Steak w/Roll</b> Mashed Potatoes Fruit & Veggies Milk	<b>Sweet &amp; Sour Chicken w/Roll</b> Brown Rice Seasoned Broccoli Fruit & Veggies Milk
11	12	13	14	15
<b>BBQ Riblet Sandwich</b> Oven Baked Potato Wedges Fruit & Veggies Milk	<b>Chicken &amp; Cheese Quesadilla</b> Pinto Beans Fruit & Veggies Milk	<b>Teriyaki Chicken w/Rice &amp; Roll</b> Seasoned Broccoli Fruit & Veggies Milk	<b>Waffle &amp; Sausages</b> Tater Tots Fruit & Veggies Milk	<b>Lasagna Style Pasta Bake w/Roll</b> Seasoned Peas Fruit & Veggies Milk
18	19	20	21	22
<b>Chicken Pasta Alfredo w/Roll</b> Seasoned Peas Fruit & Veggies Milk	<b>Chicken Burrito Supreme</b> Pinto Beans Fruit & Veggies Milk	<b>Roast Turkey w/Gravy &amp; Roll</b> Mashed Potatoes Fruit & Veggies Milk	<b>Crispy Chicken Patty Sandwich</b> Tater Tots Fruit & Veggies Milk	<b>Sausage Flatbread Pizza</b> Seasoned Broccoli Fruit & Veggies Milk
25	26	27	28	29

## Spring Break

**1% White Milk and Non-fat Chocolate Milk Choices Available Daily for Lunch \$0.50**  
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