

Fern Ridge Middle School Lunch Menu April 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	2	3	4	5
Sloppy Joe a Bun Seasoned Peas Fruit & Veggies Milk	Soft Beef Taco Pinto Beans Fruit & Veggies Milk	Mashed Potato & Chicken Bowl w/Roll Seasoned Corn Fruit & Veggies Milk	Savory Salisbury Steak w/Roll Mashed Potatoes Fruit & Veggies Milk	No School Teacher Workday
8	9	10	11	12
BBQ Riblet Sandwich Oven Baked Potato Wedges Fruit & Veggies Milk	Chicken & Cheese Quesadilla Pinto Beans Fruit & Veggies Milk	Teriyaki Glazed Chicken w/Brown Rice & Roll Seasoned Broccoli Fruit & Veggies Milk	Waffle & Sausages Tater Tots Fruit & Veggies Milk	Lasagna Style Pasta Bake w/Roll Seasoned Peas Fruit & Veggies Milk
15	16	17	18	19
Chicken Pasta Alfredo w/Roll Seasoned Peas Fruit & Veggies Milk	Chicken Soft Taco Pinto Beans Fruit & Veggies Milk	Cheesy Chicken & Rice Casserole w/Roll Seasoned Broccoli Fruit & Veggies Milk	Crispy Chicken Patty Sandwich Tater Tots Fruit & Veggies Milk	Sausage Flatbread Pizza Seasoned Corn Fruit & Veggies Milk
22	23	24	25	26
Chicken Nuggets w/Roll Seasoned Peas Fruit & Veggies Milk	Beef Nachos Mexican Style Refried Bean Fruit & Veggies Milk s	Italian Meatball Sub Tater Tots Fruit & Veggies Milk	BBQ Shredded Pork on Roll Pinto Beans Fruit & Veggies Milk	Mushroom & Swiss Burger Seasoned Corn Fruit & Veggies Milk
29	30			
Sloppy Joe a Bun Seasoned Peas Fruit & Veggies Milk	Soft Beef Taco Pinto Beans Fruit & Veggies Milk		Pay for meals online at www.myschoolbucks.com schoolbucks.com	MY SCHOOL BUCKS

Menu Subject to Change

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 & 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

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

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