

Fern Ridge Middle School Lunch Menu June 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 Reduced: No Charge Adults: \$2.45

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
BBQ Shredded Pork Sandwich Potato Wedges Fruit & Veggies Milk	Chicken Soft Taco Seasoned Corn Fruit & Veggies Milk	Teriyaki Chicken w/Rice & Roll Steamed Broccoli Fruit & Veggies Milk	Sloppy Joe on Bun Tater Tots Fruit & Veggies Milk	Sausage Flat Bread Pinto Beans Fruit & Veggies Milk
10	11	12	13	14
BBQ Pork Rib Sandwich Seasoned Peas Fruit & Veggies Milk	Fish Soft Taco Seasoned Corn Fruit & Veggies Milk	Sausages & Waffle Tater Tots Fruit & Veggies Milk	Salisbury Steak Mashed Potatoes Fruit & Veggies Milk	Mushroom Swiss Burger Seasoned Broccoli Fruit & Veggies Milk
17	18			
Chicken Nuggets w/Roll Seasoned Peas Fruit & Veggies Milk	Sack Lunch Ham & Cheese Sandwich Carrots Apple Cookie Milk			



1% White Milk and Non-fat Chocolate Milk Choices Available Daily for Lunch \$5.00
Lunch Prices Paid: \$2.90
Adult: \$3.65

This Institution is an Equal Opportunity Provider
Menu Subject to Change



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

Daily Choice: **Cheese Pizza**

Daily Specials:

Monday: **Pepperoni** or Pepperoni & Jalapeno
Tuesday: **Supreme**
Wednesday: **Pepperoni** or Pepperoni & Jalapeno
Thursday: **Hawaiian**
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 & 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)

You may qualify to receive free or reduced price meals. Applications are available at all schools. For questions regarding the food service program, you call the food service office at (541)935-8218 Ext. 2