

Fern Ridge Middle School Lunch Menu September 2019



Cold Sandwiches Made Fresh Your Way

Available Daily

Whole Grain Sliced Bread, Hoagie Roll, Flat 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: Blueberry Muffin Fri: Biscuits & Gravy
All breakfast entrees includes: choice of fruit or juice and milk. Students \$1.40 Reduced: No Charge Adults \$2.25

Monday	Tuesday	Wednesday	Thursday	Friday
4	3	4	5	6
	All School BBQ Choice of BBQ Chicken w/Roll or Cheeseburger or Hot Dog Carrots & Celery Sticks Watermelon Chips Cookie Punch or Milk	All School BBQ Choice of BBQ Chicken w/Roll or Cheeseburger or Hot Dog Carrots & Celery Sticks Watermelon Chips Cookie Punch or Milk	Lasagna Beef Rotini & Roll Savory Green Beans Fruit & Veggies Milk	Sweet & Sour Chicken w/Rice &/Roll Seasoned Broccoli Fruit & Veggies Milk
9	10	11	12	13
Chicken Nuggets w/Roll Baked Beans Fruit & Veggies Milk	Popcorn Chicken Bowl w/Roll Golden Corn Fruit & Veggies Milk	Chicken Fajita Savory Green Beans Fruit & Veggies Milk	Sausage & Waffle Tater Tots Fruit & Veggies Milk	Chicken & Cheese Quesadilla Seasoned Broccoli Fruit & Veggies Milk
16	17	18	19	20
Chili Fritos w/Cheese Savory Green Beans Fruit & Veggies Milk	Beef Soft Taco Golden Corn Fruit & Veggies Milk	Salisbury Steak w/Roll Whipped Potatoes Fruit & Veggies Milk	Crispy Chicken Sandwich Baked Beans Fruit & Veggies Milk	Sausage Flat Bread Pizza Seasoned Broccoli Fruit & Veggies Milk
23	24	25	26	27
Chicken Nuggets w/Roll Savory Green Beans Fruit & Veggies Milk	Beef Macho Nachos Mexican Refried Beans Fruit & Veggies Milk	Italian Meatball Sub Oven Fries Fruit & Veggies Milk	Sloppy Joe on Bun Steamed Peas Fruit & Veggies Milk	Fish Taco Cole Slaw Fruit & Veggies Milk
30	1% White Milk and Non-fat Chocolate Milk Choices Available Daily for Lunch \$5.00 Lunch Prices Paid: \$ 3.00 Adult: \$3.65 This Institution is an Equal Opportunity Provider			
Chicken Pasta Alfredo w/Roll Steamed Peas Fruit & Veggies Milk				



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

Daily Choice: **Cheese Pizza**

Daily Specials:

Monday: **Pepperoni Pizza**
Tuesday: **Supreme Pizza**
Wednesday: **Pepperoni Pizza**
Thursday: **Hawaiian Pizza**
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.

Regular & Spicy Chicken Burger available Daily
Cheeseburger available Daily
Corn Dog & Burrito available Tues-Thurs.

(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)

Menu Subject to Change

Any questions please contact:

**Renee Ota at
(541) 935-8218 Ext. 2**

**EASILY PAY FOR SCHOOL MEALS @
Myschoolbucks.com**