

Fern Ridge Middle School Lunch Menu March 2020



Cold Sandwiches Made Fresh Your Way

Available Daily

Whole Grain Sliced Bread, Hoagie Roll, Flat Bread, Flour Tortilla
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! **Daily Specials** **Mon:** Biscuits & Gravy or Ham, Egg & Cheese on English Muffin **Tues:** Cinnamon Bun **Wed:** Biscuits & Gravy or Ham, Egg & Cheese on English Muffin **Thurs:** Blueberry Muffin **Fri:** Biscuits & Gravy or Ham, Egg & Cheese on English Muffin **Offered Daily:** Bagel & Cream Cheese or Cereal & Graham Crackers
All breakfast entrees includes: choice of fruit or juice and milk. Students: \$1.40 Reduced: No Charge Adults \$2.60

2	3	4	5	6
Mac & Cheese w/Bacon Crispy Potatoes Fruit & Veggies Milk	Beef Taco Refried Beans Fruit & Veggies Milk	Southern Style Chicken Biscuit Seasoned Corn Fruit & Veggies Milk	Sweet & Sour Chicken Seasoned Broccoli Fruit & Veggies Milk	NO SCHOOL
9	10	11	12	13
Classic Spaghetti Roasted Cauliflower Fruit & Veggies Milk	Cajun Fish Taco Seasoned Pinto Beans Fruit & Veggies Milk	Grilled Cheese Sandwich w/Tomato Soup Seasoned Corn Fruit & Veggies Milk	Mashed Potato & Chicken Bowl Seasoned Broccoli Fruit & Veggies Milk	Sausage Flat Bread Seasoned Carrots Fruit & Veggies Milk
16	17	18	19	20
Lasagna Style Bake Green Bean Casserole Fruit & Veggies Milk	Chicken Taco Refried Beans Fruit & Veggies Milk	Chili & Frito Bowl Seasoned Corn Fruit & Veggies Milk	Pancakes & Sausage Tater Tots Fruit & Veggies Milk	Beef Philly Cajun Cauliflower Fruit & Veggies Milk
23	24	25	26	27
30	31			
Mac & Cheese w/Bacon Crispy Potatoes Fruit & Veggies Milk	Beef Taco Refried Beans Fruit & Veggies Milk			Pay for meals online @ www.myschoolbucks.com MY SCHOOL BUCKS

1% White Milk and Non-fat Chocolate Milk Choices Available Daily for Lunch \$.50

Lunch Prices Paid: \$3.00 Adult: \$3.90

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 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.

Spicy or Regular Chicken Burger available M-W-F

Cheeseburger available Daily

Corn Dog available Tues-Thur

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: Beef Taco Salad w/Chips

Wednesdays: Chicken Caesar 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 for free and reduced 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