



Eagle Ridge Academy Lunch Menu

November
2022

Fresh Fruit & Vegetable Selections Available Daily
First Entrée is Vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>No School</p>	<p>2</p> <p>Pizza Topped Potato Beef Hotdog on a Bun Yogurt Pak with Pretzel Bites Roasted Corn Sour Cream Salsa Red/Orange Bell Pepper Variety of Veggies Canned Fruit Bar 1% Milk</p>	<p>3</p> <p>Veggie Meatball Sub Italian Meatball Sub Italian Crispy Chicken Munchable Sweet Potato Fries</p> <p>Cucumber Slices Variety of Veggies Canned Fruit Bar 1% Milk</p>	<p>4</p> <p>Cheese Pizza Fish Sandwich with Cheese Chicken Caesar Salad Garlic & Herb Broccoli</p> <p>Cauliflower Floret Variety of Veggies Fresh Fruit Bar 1% Milk</p>
<p>7</p> <p>Cheesy Italian Flatbread Sloppy Joe on a Bun Buffalo Chicken Salad Potato Wedges Baby Carrots Variety of Veggies Fresh Fruit Bar 1% Milk</p>	<p>8</p> <p>Veggie Sub Sandwich Crispy Chicken Sub Cowboy BBQ Crispy Chicken Munchable Cheesy Mashed Potatoes</p> <p>Cherry Tomato Variety of Veggies Canned Fruit Bar 1% Milk</p>	<p>9</p> <p>Macaroni & Cheese Corn Dog Crispy Chicken Wrap Baked Beans Broccoli Salad</p> <p>Variety of Veggies Fresh Fruit Bar 1% Milk</p>	<p>10 HOM: Thyme</p> <p>Vegetarian Jambalaya Chicken Jambalaya Rip Stick Breadstick Yogurt Pak with Bagel Roasted Cauliflower Baby Carrots Variety of Veggies Canned Fruit Bar 1% Milk</p>	<p>11 HOM: Green Pepper</p> <p>Cheese Pizza Crispy Chicken Nuggets Whole Grain Dinner Roll WG Chips, Salsa & Cheese Cubes Steamed Green Beans Green Pepper Slices Variety of Veggies Fresh Fruit Bar 1% Milk</p>
<p>14</p> <p>Veggie Burger Hamburger on a Bun Chicken Caesar Wrap Golden French Fries</p> <p>Romaine Lettuce Variety of Veggies Canned Fruit Bar 1% Milk</p>	<p>15</p> <p>Cheesy Nachos Beefy Nachos WG Chips, Salsa & Cheese Cubes Refried Beans Romaine Lettuce Salsa Variety of Veggies Canned Fruit Bar 1% Milk</p>	<p>16</p> <p>Cheesebread Dunkers BBQ Chicken Sandwich Turkey & Cheese Flatbread Munchable Steamed Green Beans</p> <p>Coleslaw Variety of Veggies Canned Fruit Bar 1% Milk</p>	<p>17</p> <p>Lasagna Rollup with Sauce Garlic Breadstick Crispy Chicken Tenders Whole Grain Dinner Roll Buffalo Chicken Pasta Salad Steamed Corn Variety of Veggies Fresh Fruit Bar 1% Milk</p>	<p>18</p> <p>Cheese Pizza Buffalo Chicken Dip Tortilla Chips - 2 oz Asian Crispy Chicken Munchable Roasted Broccoli Cherry Tomato Variety of Veggies Canned Fruit Bar 1% Milk</p>
<p>21</p> <p>Macaroni & Cheese Build Your Own Hot Dog Turkey Deli Sub Sandwich Golden French Fries</p> <p>Variety of Veggies Canned Fruit Bar 1% Milk</p>	<p>22</p> <p>Bean & Cheese Quesadilla Creamy Chicken Enchilada Bake WG Chips, Salsa & Cheese Cubes Mexican Brown Rice Spiced Pinto Beans Salsa Variety of Veggies Fresh Fruit Bar 1% Milk</p>	<p>23</p> <p>No School</p>	<p>24</p> <p>No School</p>	<p>25</p> <p>No School</p>
<p>28</p> <p>Chipotle Veggie Burger Crispy Chicken Sandwich Yogurt Pak with Bagel Baked Beans</p> <p>Red/Orange Bell Pepper Variety of Veggies Fresh Fruit Bar 1% Milk</p>	<p>29</p> <p>Pasta w/Marinara Sauce Pasta with Meat Sauce Rip Stick Breadstick Roasted Cauliflower</p> <p>Chicken Caesar Salad Variety of Veggies Canned Fruit Bar 1% Milk</p>	<p>30</p> <p>Grilled Cheese Sandwich Homemade Tomato Soup Crispy Chicken Tenders Whole Grain Dinner Roll Buffalo Chicken Wrap Steamed Peas Cucumber Slices Fresh Fruit Bar 1% Milk</p>		

PRICES

K-5 Regular Lunch	\$3.25
6-12 Regular Lunch	\$3.60
Adult Meal	\$4.35
Extra Milk	\$0.50

EXTRA INFO

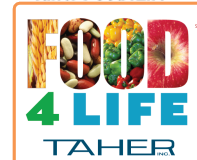
Milk Choice of 1% or Chocolate Skim is included with Lunch

HARVEST OF



THE MONTH

Your MENUS plus more information on our app
Taher Food4Life®



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