



Eagle Ridge Academy Lunch Menu

December
2022

Fresh Fruit & Vegetable Selections Available Daily
First Entree is Vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	This is for Food 4 Thought		1 Cheesy Italian Flatbread Philly Flatbread Turkey Deli Sub Sandwich Glazed Carrots Broccoli Florets Baby Carrots Fresh Fruit Bar 1% Milk	2 Cheese Pizza Fish Sandwich with Cheese Crispy Chicken Wrap Green Beans Baby Carrots Romaine Lettuce Fresh Fruit Bar 1% Milk
5 Egg & Cheese Breakfast Sandwich Sausage Breakfast Biscuit Turkey & Cheese Flatbread Munchable Breakfast Potatoes Celery Sticks Baby Carrots Canned Fruit Bar 1% Milk	6 Cheese Quesadilla Soft Beef Tacos Yogurt Pak with Bagel Black Beans LCR Lettuce Salsa Fresh Fruit Bar 1% Milk	7 Grilled Cheese Sandwich BBQ Chicken Sandwich Chicken Caesar Salad Potato Wedges Broccoli Florets Cherry Tomato Canned Fruit Bar 1% Milk	8 Garden Pasta Alfredo Chicken Alfredo w/Pasta Italian Crispy Chicken Munchable Steamed Green Beans Baby Carrots Celery Sticks Fresh Fruit Bar 1% Milk	9 Cheese Pizza Crispy Chicken Nuggets Whole Grain Dinner Roll Buffalo Chicken Pasta Salad Steamed Corn Red/Orange Bell Pepper Romaine Lettuce Canned Fruit Bar 1% Milk
12 Cheesebread Dunkers Crispy Chicken Tenders Whole Grain Dinner Roll Turkey Deli Sandwich Steamed Green Beans Celery Sticks Baby Carrots Fresh Fruit Bar 1% Milk	13 Chipotle Veggie Burger Sloppy Joe on a Bun Cowboy BBQ Crispy Chicken Munchable Baked Beans Broccoli Florets Cherry Tomato Canned Fruit Bar 1% Milk	14 Macaroni & Cheese Corn Dog Turkey Ranch Wrap Roasted Corn Red/Orange Bell Pepper Romaine Lettuce Cherry Tomato Canned Fruit Bar 1% Milk	15 HOM: Sweet Potato Veggie Meatball Sub Italian Meatball Sub Buffalo Chicken Salad Roasted Corn Sweet Potato Fries Cucumber Slices Cherry Tomato Canned Fruit Bar 1% Milk	16 Farm Fresh Friday Cheese Pizza Crispy Chicken Sandwich Yogurt Pak with Bagel Glazed Carrots Celery Sticks Cauliflower Floret Fresh Fruit Bar 1% Milk
19 No School	20 No School	21 No School	22 No School	23 No School
26 No School	27 No School	28 No School	29 No School	30 No School

PRICES

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

EXTRA INFO

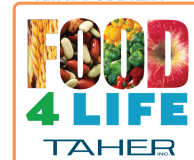
This is the header

HARVEST OF



THE MONTH

Your MENUS plus more information on our app
TaHer Food4Life®



www.taHer.com