



Eagle Ridge Academy Lunch Menu

January
2023

Fresh Fruit & Vegetable Selections Available Daily
First Entree is Vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Cheesy Italian Flatbread Cheeseburger on a Bun Turkey Deli Sub Sandwich</p> <p>Green Beans Cherry Tomato Variety of Veggies Fresh Fruit Bar</p>	<p>3</p> <p>Macaroni & Cheese Crispy Chicken Nuggets Whole Grain Dinner Roll Turkey Deli Sub Sandwich</p> <p>Steamed Corn Cherry Tomato Variety of Veggies Fresh Fruit Bar</p>	<p>4</p> <p>Cheese Quesadilla Soft Beef Tacos Turkey Deli Sub Sandwich</p> <p>Refried Beans Cherry Tomato Variety of Veggies Fresh Fruit Bar</p>	<p>5</p> <p>Lasagna Rollup with Sauce Rip Stick Breadstick Crispy Chicken Sandwich Turkey Deli Sub Sandwich</p> <p>Roasted Broccoli Cherry Tomato Variety of Veggies Fresh Fruit Bar</p>	<p>6</p> <p>Cheese Pizza Fish Sandwich with Cheese Turkey Deli Sub Sandwich</p> <p>Steamed Carrots Cherry Tomato Variety of Veggies Fresh Fruit Bar</p>
<p>9</p> <p>Cheesebread Dunkers Cheeseburger on a Bun Chef Salad</p> <p>Roasted Broccoli Baby Carrots Variety of Veggies Fresh Fruit Bar</p>	<p>10</p> <p>Chipotle Veggie Burger Meatloaf Whole Grain Dinner Roll Chef Salad</p> <p>Mashed Potatoes & Gravy Baby Carrots Variety of Veggies Fresh Fruit Bar</p>	<p>11</p> <p>Bean & Cheese Quesadilla Beefy Nachos w/Homemade Cheese Sauce Chef Salad</p> <p>Spiced Pinto Beans Baby Carrots Variety of Veggies Fresh Fruit Bar</p>	<p>12</p> <p>Macaroni & Cheese Corn Dog Chef Salad</p> <p>Tater Tots Baby Carrots Variety of Veggies Fresh Fruit Bar</p>	<p>13</p> <p>Cheese Pizza Crispy Chicken Tenders Whole Grain Dinner Roll Chef Salad</p> <p>California Blend Vegetable Baby Carrots Variety of Veggies Fresh Fruit Bar</p>
<p>16</p> <p>NO SCHOOL</p>	<p>17</p> <p>Grilled Cheese Sandwich Chicken Parmesan Sandwich Buffalo Chicken Wrap</p> <p>Steamed Green Beans Cucumber Slices Variety of Veggies Fresh Fruit Bar</p>	<p>18</p> <p>Bean & Cheese Quesadilla Soft Beef Tacos Buffalo Chicken Wrap</p> <p>Roasted Broccoli Salsa Variety of Veggies Fresh Fruit Bar</p>	<p>19</p> <p>Egg & Cheese Breakfast Sandwich Beef Chili Bread Stick Buffalo Chicken Wrap</p> <p>Potato Wedges Cucumber Slices Variety of Veggies Fresh Fruit Bar</p>	<p>20</p> <p>Cheese Pizza Crispy Chicken Nuggets Whole Grain Dinner Roll Buffalo Chicken Wrap</p> <p>Steamed Carrots Cucumber Slices Variety of Veggies Fresh Fruit Bar</p>
<p>23</p> <p>NO SCHOOL</p>	<p>24</p> <p>Cheesy Italian Flatbread BBQ Chicken Sandwich Chicken Caesar Salad</p> <p>Baked Beans Cherry Tomato Variety of Veggies Fresh Fruit Bar</p>	<p>25</p> <p>Cheese Quesadilla Chicken and Cheese Quesadilla Brown Rice Chicken Caesar Salad</p> <p>Steamed Carrots Cherry Tomato Variety of Veggies Fresh Fruit Bar</p>	<p>26</p> <p>Vegetable Fried Rice General Tso's Chicken Brown Rice Chicken Caesar Salad</p> <p>Roasted Broccoli Cherry Tomato Variety of Veggies Fresh Fruit Bar</p>	<p>27</p> <p>Cheese Pizza Crispy Chicken Nuggets Whole Grain Dinner Roll Chicken Caesar Salad</p> <p>Potato Wedges Cherry Tomato Variety of Veggies Fresh Fruit Bar</p>
<p>30</p> <p>Cheesebread Dunkers Cheeseburger on a Bun Chef Salad</p> <p>Parsley Potato Baby Carrots Variety of Veggies Fresh Fruit Bar</p>	<p>31</p> <p>Lasagna Rollup with Sauce Pasta with Meat Sauce Rip Stick Breadstick Chef Salad</p> <p>Roasted Broccoli Baby Carrots Variety of Veggies Fresh Fruit Bar</p>			<p>This is for Food 4 Thought</p>

PRICES

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

EXTRA INFO

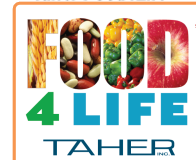
This is the header

HARVEST OF



THE MONTH

Your MENUS plus more information on our app
Taher Food4Life®



www.taher.com