



Eagle Ridge Academy Lunch Menu

March
2023

Fresh Fruit and Vegetable Selections Available Daily
First Entrée is Vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Toasted Cheese Sandwich Beefy Nachos w/Homemade Cheese Sauce Turkey Wrap Munchable Roasted Broccoli Cucumber Slices Salsa Variety of Veggies Fresh Fruit Bar	2 Cheesecake Dunkers Marinara Sauce Beef Chili Whole Grain Dinner Roll Turkey Wrap Munchable Potato Wedges Cucumber Slices Variety of Veggies Fresh Fruit Bar	3 Cheese Pizza Chicken Potstickers Turkey Wrap Munchable Steamed Carrots Cucumber Slices Variety of Veggies Fresh Fruit Bar
6 Veggie Burger Shrimp Poppers Macaroni & Cheese NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie Coleslaw Cherry Tomato Variety of Veggies Fresh Fruit Bar	7 Cheesecake Dunkers Oven Roasted Brat on a Bun Baked Beans Marinara Sauce NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie Roasted Corn Cherry Tomato Variety of Veggies Fresh Fruit Bar	8 Toasted Cheese Sandwich Orange Chicken Brown Rice NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie Steamed Carrots Cherry Tomato Variety of Veggies Fresh Fruit Bar	9 Macaroni & Cheese Marinara Sauce Pancakes Easy Egg Bake NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie Potato Wedges Cherry Tomato Variety of Veggies Fresh Fruit Bar	10 Cheese Pizza Italian Pasta Bake Garlic Toast NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie Roasted Broccoli Cherry Tomato Variety of Veggies Fresh Fruit Bar
13 Veggie Burger Cheeseburger on a Bun Turkey Deli Sub Sandwich Parsley Potato Baby Carrots Variety of Veggies Fresh Fruit Bar Chef Salad	14 Macaroni & Cheese Chicken Alfredo w/Pasta Rip Stick Breadstick Turkey Deli Sub Sandwich Roasted Broccoli Baby Carrots Variety of Veggies Fresh Fruit Bar	15 Toasted Cheese Sandwich Chicken Potstickers Turkey Deli Sub Sandwich Steamed Carrots Baby Carrots Variety of Veggies Fresh Fruit Bar	16 Cheesecake Dunkers Marinara Sauce Chicken & Cheese Quesadilla Turkey Deli Sub Sandwich Spiced Pinto Beans Baby Carrots Variety of Veggies Fresh Fruit Bar	17 Choice of Pizza Crispy Chicken Sandwich Turkey Deli Sub Sandwich Steamed Carrots Red/Orange Bell Pepper Variety of Veggies Fresh Fruit Bar
20 Veggie Burger BBQ Chicken Sandwich Buffalo Chicken Wrap Black Beans Red/Orange Bell Pepper Variety of Veggies Fresh Fruit Bar	21 Macaroni & Cheese Sloppy Joe on a Bun Buffalo Chicken Wrap Roasted Broccoli Red/Orange Bell Pepper Variety of Veggies Fresh Fruit Bar	22 French Toast Sticks Scrambled Egg Soft Beef Tacos Buffalo Chicken Wrap Roasted Corn Red/Orange Bell Pepper Variety of Veggies Fresh Fruit Bar	23 Cheesecake Dunkers Marinara Sauce Shrimp Poppers Whole Grain Dinner Roll Buffalo Chicken Wrap Coleslaw Red/Orange Bell Pepper Variety of Veggies Fresh Fruit Bar	24 Choice of Pizza Fish Nuggets Whole Grain Dinner Roll Buffalo Chicken Wrap Steamed Carrots Red/Orange Bell Pepper Variety of Veggies Fresh Fruit Bar
27 Veggie Burger Chicken Alfredo Flatbread Crispy Chicken Salad Green Beans Cherry Tomato Variety of Veggies Fresh Fruit Bar	28 Macaroni & Cheese Crispy Chicken Sandwich Crispy Chicken Salad Steamed Corn Cherry Tomato Variety of Veggies Fresh Fruit Bar	29 Toasted Cheese Sandwich Beef & Cheese Quesadilla Crispy Chicken Salad Spiced Pinto Beans Cherry Tomato Variety of Veggies Fresh Fruit Bar	30 Cheesecake Dunkers Marinara Sauce Pasta with Meat Sauce Rip Stick Breadstick Crispy Chicken Salad Roasted Broccoli Cherry Tomato Variety of Veggies Fresh Fruit Bar	31 NO SCHOOL

PRICES

K-5 Lunch	\$3.25
6-12 Lunch	\$3.60
Adult Lunch	\$4.95
Extra Milk	\$0.50

EXTRA INFO

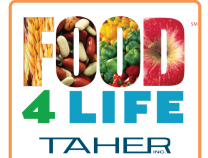
Milk Choice 1% and Chocolate Skim are included with meal.
If you have any questions contact Steve Meak
Email: smeak@eagleridgeacademy.org

HARVEST OF



THE MONTH

Your MENUS plus more information on our app
Taher Food4Life®



www.taher.com