



Eagle Ridge Academy Lunch Menu

September
2023

Fresh Fruit and Vegetable Selections Available Daily
First Entrée is Vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <p>Cheese Pizza Chicken Taquito Salsa Crispy Chicken Wrap Black Beans Variety of Veggies Fresh Fruit Bar Milk Choice</p>
<p>4</p> <p>NO SCHOOL</p>	<p>5</p> <p>Macaroni & Cheese Whole Grain Dinner Roll Beef Hot Dog on a Bun Chicken Caesar Wrap Roasted Corn Variety of Veggies Fresh Fruit Bar Milk Choice</p>	<p>6</p> <p>Toasted Cheese Sandwich Chicken Tacos Salsa Chicken Caesar Wrap Refried Beans Variety of Veggies Fresh Fruit Bar Milk Choice</p>	<p>7</p> <p>Cheese Bosco Stick Marinara Sauce Pasta with Meat Sauce Whole Grain Dinner Roll Chicken Caesar Wrap Roasted Broccoli Variety of Veggies Fresh Fruit Bar Milk Choice</p>	<p>8</p> <p>Cheese Pizza French Toast Sticks Sausage Patty Chicken Caesar Wrap Glazed Carrots Variety of Veggies Fresh Fruit Bar Milk Choice</p>
<p>11</p> <p>Chipotle Veggie Burger Grilled Ham & Cheese Sandwich Turkey & Cheese Flatbread Munchable Roasted Broccoli Variety of Veggies Fresh Fruit Bar Milk Choice</p>	<p>12</p> <p>Macaroni & Cheese Whole Grain Dinner Roll Crispy Chicken Sandwich Turkey & Cheese Flatbread Munchable Black Beans Variety of Veggies Fresh Fruit Bar Milk Choice</p>	<p>13</p> <p>Toasted Cheese Sandwich Meatloaf Whole Grain Dinner Roll Turkey & Cheese Flatbread Munchable Mashed Potatoes Gravy Variety of Veggies Fresh Fruit Bar Milk Choice</p>	<p>14</p> <p>Cheese Bosco Stick Marinara Sauce Chicken Potstickers Chicken Fried Rice Turkey & Cheese Flatbread Munchable Kung Fu Carrots Variety of Veggies Fresh Fruit Bar Milk Choice</p>	<p>15</p> <p>Cheese Pizza Crispy Chicken Nuggets Whole Grain Dinner Roll Turkey & Cheese Flatbread Munchable California Blend Vegetable Variety of Veggies Fresh Fruit Bar Milk Choice</p>
<p>18</p> <p>Cheesebread Dunkers Marinara Sauce Crispy Chicken Tenders Whole Grain Dinner Roll Turkey Ranch Wrap Steamed Peas Variety of Veggies Fresh Fruit Bar Milk Choice</p>	<p>19</p> <p>Macaroni & Cheese Whole Grain Dinner Roll Soft Beef Tacos Salsa Turkey Ranch Wrap Refried Beans Variety of Veggies Fresh Fruit Bar Milk Choice</p>	<p>20</p> <p>Toasted Cheese Sandwich Cheeseburger on a Bun Turkey Ranch Wrap Steamed Carrots Variety of Veggies Fresh Fruit Bar Milk Choice</p>	<p>21</p> <p>Cheese Bosco Stick Marinara Sauce Popcorn Chicken Bowl Bread Stick Turkey Ranch Wrap Variety of Veggies Fresh Fruit Bar Milk Choice</p>	<p>22</p> <p>Cheese Pizza Beef Chili Over Cornbread Bowl Turkey Ranch Wrap Steamed Green Beans Variety of Veggies Fresh Fruit Bar Milk Choice</p>
<p>25</p> <p>Chipotle Veggie Burger Cheeseburger on a Bun Turkey Munchable Steamed Green Beans Variety of Veggies Fresh Fruit Bar Milk Choice</p>	<p>26</p> <p>Pancakes Scrambled Egg Crispy Chicken Tenders Whole Grain Dinner Roll Turkey Munchable Potato Wedges Variety of Veggies Fresh Fruit Bar Milk Choice</p>	<p>27</p> <p>Toasted Cheese Sandwich Orange Chicken Brown Rice Turkey Munchable Steamed Carrots Variety of Veggies Fresh Fruit Bar Milk Choice</p>	<p>28</p> <p>Corn Dog Cheese Bosco Stick Marinara Sauce Turkey Munchable Steamed Carrots Variety of Veggies Fresh Fruit Bar Milk Choice</p>	<p>29</p> <p>Cheese Pizza Italian Pasta Bake Garlic Breadstick Turkey Munchable Roasted Broccoli Variety of Veggies Fresh Fruit Bar Milk Choice</p>

This is for Food 4 Thought

PRICES

Students
Adults

FREE
\$4.95

EXTRA INFO

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

HARVEST OF



THE MONTH

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