



Eagle Ridge Academy Lunch Menu

September
2024

Fresh Fruit and Vegetable Selections Available Daily
First Entrée is Vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>NO SCHOOL</p>	<p>3</p> <p>Pancakes Scrambled Egg Turkey Sausage Link NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie Breakfast Potatoes Variety of Veggies Canned Fruit Bar 1% Unflavored Milk</p>	<p>4</p> <p>Tofu Fried Rice General Tso's Chicken Brown Rice NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie Steamed Carrots Variety of Veggies Canned Fruit Bar Choice of Milk</p>	<p>5</p> <p>Grilled Cheese Sandwich Corn Dog NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie Baked Beans, Vegetarian Variety of Veggies Canned Fruit Bar Choice of Milk</p>	<p>6</p> <p>Cheese Pizza Chicken, Leek & Penne Bake Whole Grain Dinner Roll NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie Roasted Broccoli Variety of Veggies Canned Fruit Bar Choice of Milk</p>
<p>9</p> <p>Spicy Black Bean Burger on a Bun Beef Hot Dog on a Bun Turkey Deli Sandwich Seasoned Ranch Wedges Vegetable Bar Fresh Fruit Bar Choice of Milk</p>	<p>10</p> <p>Lasagna Italian Pasta Bake Garlic Breadstick Turkey Deli Sandwich Roasted Broccoli Vegetable Bar Fresh Fruit Bar Choice of Milk</p>	<p>11</p> <p>Grilled Cheese Sandwich Chicken Potstickers Chicken Fried Rice Turkey Deli Sandwich Kung Fu Carrots Vegetable Bar Fresh Fruit Bar Choice of Milk</p>	<p>12</p> <p>Cheese Bosco Stick Marinara Sauce Soft Beef Tacos Lettuce, Tomato and Cheese Turkey Deli Sandwich Vegetable Bar Fresh Fruit Bar Choice of Milk</p>	<p>13 HOM - Tomato & Marjoram</p> <p>Fish Sandwich w/Cheese Cheese Pizza Turkey Deli Sandwich Roasted Zucchini Vegetable Bar Fresh Fruit Bar Choice of Milk</p>
<p>16</p> <p>Beef Chili Cornbread Bowl Macaroni & Cheese Chicken Caesar Salad Whole Grain Dinner Roll Potato Wedges Vegetable Bar Fresh Fruit Bar Choice of Milk</p>	<p>17</p> <p>Bean Walking Taco Beef Walking Taco Chicken Caesar Salad Roasted Broccoli Vegetable Bar Fresh Fruit Bar 1% Unflavored Milk</p>	<p>18</p> <p>Grilled Cheese Sandwich Crispy Chicken Sandwich Chicken Caesar Salad Sweet Potato Tots Vegetable Bar Fresh Fruit Bar Choice of Milk</p>	<p>19</p> <p>Cheese Bosco Stick Marinara Sauce Sloppy Joe on a Bun Chicken Caesar Salad Roasted Carrots Vegetable Bar Fresh Fruit Bar Choice of Milk</p>	<p>20 HOM - Zucchini</p> <p>Cheese Pizza Shrimp Poppers Whole Grain Dinner Roll Chicken Caesar Salad Baked Beans, Vegetarian Vegetable Bar Fresh Fruit Bar Choice of Milk</p>
<p>23</p> <p>Garden Pasta Alfredo Crispy Chicken Nuggets Whole Grain Dinner Roll Crispy Chicken Wrap Steamed Green Beans Vegetable Bar Fresh Fruit Bar Choice of Milk</p>	<p>24</p> <p>Grilled Cheese Sandwich Homemade Tomato Soup Cheeseburger on a Bun Crispy Chicken Wrap Baked Beans, Vegetarian Vegetable Bar Fresh Fruit Bar Choice of Milk</p>	<p>25</p> <p>Cheese Bosco Stick Marinara Sauce Chicken Potstickers Chicken Fried Rice Crispy Chicken Wrap Roasted Corn Vegetable Bar Fresh Fruit Bar Choice of Milk</p>	<p>26</p> <p>Arroz Con Queso Whole Grain Dinner Roll Pasta with Meat Sauce Whole Grain Dinner Roll Crispy Chicken Wrap Roasted Broccoli Vegetable Bar Fresh Fruit Bar Choice of Milk</p>	<p>27</p> <p>Cheese Pizza Country Fried Chicken and Gravy Crispy Chicken Wrap Mashed Potatoes Vegetable Bar Fresh Fruit Bar Choice of Milk</p>
<p>30</p> <p>Queso Chicken and Spanish Rice Macaroni & Cheese Chef Salad Whole Grain Dinner Roll Vegetable Bar Spiced Pinto Beans Fresh Fruit Bar Choice of Milk</p>	<p>1</p>			<p>This is for Food 4 Thought</p>

PRICES	Students	FREE	EXTRA INFO
	2nd Entrée	\$2.50	
	Extra Milk	\$0.50	
	Adults	\$4.95	
	\$1.00	\$1.00	

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



Your MENUS plus more information on our app
TaHer Food4Life®



www.taHer.com