



Eagle Ridge Academy Lunch Menu

October
2024

Fresh Fruit and Vegetable Selections Available Daily
First Entrée is Vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	1 Bean & Cheese Quesadilla Crispy Chicken Sandwich Turkey & Cheese Flatbread Munchable Baked Beans, Vegetarian Variety of Veggies Canned Fruit Bar Choice of Milk	2 Grilled Cheese Sandwich Chicken Potstickers Chicken Fried Rice Turkey & Cheese Flatbread Munchable Glazed Carrots Variety of Veggies Canned Fruit Bar Choice of Milk	3 Cheese Bosco Stick Marinara Sauce Fish Sandwich w/Cheese Turkey & Cheese Flatbread Munchable French Fries Variety of Veggies Canned Fruit Bar Choice of Milk	4 Cheese Pizza Chicken, Leek & Penne Bake Garlic Toast Turkey & Cheese Flatbread Munchable Roasted Broccoli Variety of Veggies Canned Fruit Bar Choice of Milk
7 Macaroni & Cheese Whole Grain Dinner Roll BBQ Chicken Sandwich Chef Salad Whole Grain Dinner Roll Collard Greens Variety of Veggies Canned Fruit Bar Choice of Milk	8 Arroz Con Queso Crispy Chicken Tenders Chef Salad Whole Grain Dinner Roll Roasted Honey Cinnamon Chickpeas Variety of Veggies Canned Fruit Bar 1% Unflavored Milk	9 Grilled Cheese Sandwich Cheeseburger on a Bun Chef Salad Baby Carrots Variety of Veggies Canned Fruit Bar 1% Unflavored Milk	10 HOM - Apples & Cinnamon Cheese Pizza Popcorn Chicken Bowl Chef Salad Whole Grain Dinner Roll Mashed Potatoes Gravy Variety of Veggies Canned Fruit Bar 1% Unflavored Milk	11 NO SCHOOL
14 NO SCHOOL	15 NO SCHOOL	16 NO SCHOOL	17 NO SCHOOL	18 NO SCHOOL
21 Macaroni & Cheese Whole Grain Dinner Roll Corn Dog Turkey Deli Sandwich French Fries Variety of Veggies Canned Fruit Bar Banana Choice of Milk	22 Bean Taco Chicken Tacos Turkey Deli Sandwich Roasted Broccoli Variety of Veggies Canned Fruit Bar Choice of Milk	23 Grilled Cheese Sandwich Chicken Potstickers Chicken Fried Rice Turkey Deli Sandwich Glazed Carrots Variety of Veggies Canned Fruit Bar Choice of Milk	24 Cheese Bosco Stick Marinara Sauce Cheeseburger on a Bun Turkey Deli Sandwich Baked Beans, Vegetarian Variety of Veggies Canned Fruit Bar Choice of Milk	25 HOM - Kale Cheese Pizza BBQ Chicken Legs Whole Grain Dinner Roll Turkey Deli Sandwich California Blend Vegetable Variety of Veggies Canned Fruit Bar Choice of Milk
28 Macaroni & Cheese Whole Grain Dinner Roll BBQ Chicken Sandwich Buffalo Chicken Wrap Potato Wedges Variety of Veggies Canned Fruit Bar Choice of Milk	29 Grilled Cheese Sandwich Crispy Chicken Nuggets Whole Grain Dinner Roll Buffalo Chicken Wrap Roasted Broccoli Variety of Veggies Canned Fruit Bar 1% Unflavored Milk	30 Spicy Black Bean Burger on a Bun Crispy Chicken Sandwich Buffalo Chicken Wrap Chicken Caesar Salad Roasted Corn Variety of Veggies Canned Fruit Bar Choice of Milk	31 Cheese Bosco Stick Marinara Sauce Chicken Potstickers Chicken Fried Rice Crispy Chicken Wrap Roasted Carrots Variety of Veggies Canned Fruit Bar Choice of Milk	1

PRICES	Students	FREE
	Extra Milk	\$0.50
	Adults	\$5.00

EXTRA INFO

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



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