

East Ridge Middle School

October 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| | <p>1</p> <p style="text-align: center;"><u>BREAKFAST</u> French Toast Sticks or Cereal, Fruit, Juice & Milk</p> <p style="text-align: center;"><u>LUNCH</u> Beef Dippers or Popcorn chicken Mashed potatoes, Peas, Roll, Fresh Veggies, Fruit, Juice & Milk</p> | <p>2</p> <p style="text-align: center;"><u>BREAKFAST</u> Warm Breakfast Bread or Cereal, Fruit, Juice & Milk</p> <p style="text-align: center;"><u>LUNCH</u> Quesadilla or Beef Taco Corn, Fiesta Black Beans Taco Trimmings, Fruit, Juice & Milk</p> | <p>3</p> <p style="text-align: center;"><u>BREAKFAST</u> Toast & Jelly W/Bacon or Cereal, Fruit, Juice & Milk</p> <p style="text-align: center;"><u>LUNCH</u> Pizza or Sloppy Joe Sandwich, Green Beans, Tater Tots, Fresh Veggies, Fruit, Juice & Milk</p> | <p>4</p> <p style="text-align: center;"><u>BREAKFAST</u> Sausage Biscuit or Cereal, Fruit, Juice & Milk</p> <p style="text-align: center;"><u>LUNCH</u> Manager Choice Fresh Veggies, Fruit, Juice & Milk</p> |
| 7 | 8 | 9 | 10 | 11 |
| FALL BREAK | FALL BREAK | FALL BREAK | FALL BREAK | FALL BREAK |
| <p>14</p> <p style="text-align: center;"><u>NO SCHOOL</u></p> <p style="text-align: center;"><u>PD DAY</u></p> | <p>15</p> <p style="text-align: center;"><u>BREAKFAST</u> Pancakes or Cereal, Fruit, Juice & Milk</p> <p style="text-align: center;">Sliced Ham or Chicken Tenders, Seasoned Diced Potatoes, California Blend, Roll, Fresh Veggies, Fruit, Juice & Milk</p> | <p>16</p> <p style="text-align: center;"><u>BREAKFAST</u> Egg & Cheese Biscuit or Cereal, Fruit, Juice & Milk</p> <p style="text-align: center;"><u>LUNCH</u> Grilled Cheese Sand. Or Cheese Bites, Homemade Chili, Waffle Fries, Fresh Veggies, Fruit, Juice & Milk</p> | <p>17</p> <p style="text-align: center;"><u>BREAKFAST</u> French Toast Sticks or Cereal, Fruit, Juice & Milk</p> <p style="text-align: center;"><u>LUNCH</u> Hamburger / Cheeseburger or Hot Dog w/ chili/cheese, Baked Beans, Chips, Fresh Veggies, Fruit, Juice & Milk</p> | <p>20</p> <p style="text-align: center;"><u>BREAKFAST</u> Sausage Biscuit or Cereal, Fruit, Juice & Milk</p> <p style="text-align: center;"><u>LUNCH</u> Pizza or Chicken Sandwich, Green Beans, Corn, Fresh Veggies, Fruit, Juice & Milk</p> |
| <p>21</p> <p style="text-align: center;"><u>BREAKFAST</u> Egg & Cheese Biscuit or Cereal, Fruit, Juice & Milk</p> <p style="text-align: center;"><u>LUNCH</u> Lasagna Rollup or Popcorn Chicken, Garlic Toast, Steamed Broccoli, Sweet Carrots, Fresh Veggies, Fruit, Juice & Milk</p> | <p>22</p> <p style="text-align: center;"><u>BREAKFAST</u> Warm Muffin, Pop tart or Cereal, Fruit, Juice & Milk</p> <p style="text-align: center;"><u>LUNCH</u> Cheese Quesadilla or Bean & Cheese Burrito covered in Queso Cheese, Corn, Fiesta Black Beans, Fresh Veggies, Fruit, Juice & Milk</p> | <p>23</p> <p style="text-align: center;"><u>BREAKFAST</u> Warm Cinnamon Roll or Cereal, Fruit, Juice & Milk</p> <p style="text-align: center;"><u>LUNCH</u> Hot Ham & Cheese Croissant or Pizza, Green Beans, Fries, Cookie, Fresh Veggies, Fruit, Juice & Milk</p> | <p>24</p> <p style="text-align: center;"><u>BREAKFAST</u> Pancakes or Cereal, Fruit, Juice & Milk</p> <p style="text-align: center;"><u>LUNCH</u> Fried Bologna Sandwich or Mozzarella Cheese Sticks, Queso Tomato Soup, Goldfish Crackers, Fresh Veggies, Fruit, Juice & Milk</p> | <p>25</p> <p style="text-align: center;"><u>BREAKFAST</u> Sausage Biscuit or Cereal, Fruit, Juice & Milk</p> <p style="text-align: center;"><u>LUNCH</u> Fish Sticks or Corn Dog Nuggets, Pinto Beans, Mac & Cheese, Hushpuppies, Fresh Veggies, Fruit, Juice & Milk</p> |
| <p>28</p> <p style="text-align: center;"><u>BREAKFAST</u> Dutch Waffle or Cereal, Fruit, Juice & Milk</p> <p style="text-align: center;"><u>LUNCH</u> Grilled Cheese Sand. Or Hot Ham & Cheese Sub, Chicken Noodle Soup, Smiley Fries, Fresh Veggies, Fruit, Juice & Milk</p> | <p>29</p> <p style="text-align: center;"><u>BREAKFAST</u> Warm Muffin, Pop tart or Cereal, Fruit, Juice & Milk</p> <p style="text-align: center;"><u>LUNCH</u> Chicken Fettucine Alfredo or Chicken Tenders, Garlic Toast, Steamed Broccoli, Sweet Carrots, Fresh Veggies, Fruit, Juice & Milk</p> | <p>30</p> <p style="text-align: center;"><u>BREAKFAST</u> Bacon Biscuit or Cereal, Fruit, Juice & Milk</p> <p style="text-align: center;"><u>LUNCH</u> Cheese Quesadilla or Beef Taco, Corn, Refried Beans, Taco Trimmings, Fruit, Juice & Milk</p> | <p>31</p> <p style="text-align: center;"><u>BREAKFAST</u> Pancakes or Cereal, Fruit, Juice & Milk</p> <p style="text-align: center;"><u>LUNCH</u> Hamburger/Cheeseburger or Chicken Sandwich Baked Beans, Chips, Fresh Veggies, Fruit, Juice Halloween Treat</p> | |

NEWS:

CHOOSE ONE ENTRÉE FOR LUNCH. EACH TRAY MUST HAVE A FRUIT OR VEG AND AT LEAST TWO OTHER ITEMS TO BE CONSIDERED A MEAL. MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

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