

# East Ridge Middle School

# September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2  NO SCHOOL LABOR DAY	3  <u>BREAKFAST</u> French Toast Sticks or Cereal, Fruit, Juice & Milk  <u>LUNCH</u> Rib Patty or Popcorn chicken Mashed potatoes, Peas, Roll, Fresh Veggies, Fruit, Juice & Milk	4  <u>BREAKFAST</u> Egg & Cheese Bagel or Cereal, Fruit, Juice & Milk  <u>LUNCH</u> Breaded Cheese Sticks or Spaghetti W/ Garlic Toast Steamed Broccoli Sweet Glazed Carrots, Fresh Veggies, Fruit, Juice & Milk	5  <u>BREAKFAST</u> Yogurt & Grahams or Pop tart, Cereal, Fruit, Juice & Milk  <u>LUNCH</u> Cheese Pizza or Hot Ham & Cheese Sub. Green Beans, Smiley Fries, Fresh Veggies, Fruit, Juice & Milk	6  <u>BREAKFAST</u> Sausage Biscuit or Cereal, Fruit, Juice & Milk  <u>LUNCH</u> Chicken or Corn Dog Nuggets Corn, Baked Beans, Fresh Veggies, Fruit, Juice, Milk & Cookie
9  <u>BREAKFAST</u> Breakfast Pizza or Cereal, Fruit, Juice & Milk  <u>LUNCH</u> Beef Teriyaki or Orange Chicken Ramen Noodles, Steamed Broccoli, Egg Roll, Fresh Veggies, Fruit, Juice & Milk	10  <u>BREAKFAST</u> Pancakes or Cereal, Fruit, Juice & Milk  <u>LUNCH</u> Turkey & Cheese Sub or Ham & Cheese Sub Fries, Fresh Veggies, Fruit, Juice, Milk & Cookie	11  <u>BREAKFAST</u> Chicken Biscuit or Cereal, Fruit, Juice & Milk  <u>BREAKFAST FOR LUNCH</u> Scrambled Eggs & Sausage Biscuits & Gravy, Tater Tots, Cherry Tomatoes, Fruit, Juice & Milk	12  <u>BREAKFAST</u> Yogurt & Grahams or Pop tart, Cereal, Fruit, Juice & Milk  <u>LUNCH</u> Pizza or Hot Ham & Cheese Sub. Green Beans, Smiley Fries, Fresh Veggies, Fruit, Juice & Milk	13  <u>BREAKFAST</u> Sausage Biscuit or Cereal, Fruit, Juice & Milk  <u>LUNCH</u> Chicken Sandwich or PB&J W/Cheese Stick Baked Beans, Fresh Veggies, Fruit, Juice & Milk
16  <u>BREAKFAST</u> French Toast Sticks or Cereal, Fruit, Juice & Milk  <u>LUNCH</u> Ham or Chicken Tenders Diced Potatoes, California Blend, Fresh Veggies, Fruit, Juice, Milk & Cookie	17  <u>BREAKFAST</u> Egg & Cheese Bagel or Cereal, Fruit, Juice & Milk  <u>LUNCH</u> Breaded Cheese Sticks or Spaghetti W/ Garlic Toast Steamed Broccoli Sweet Glazed Carrots, Fresh Veggies, Fruit, Juice & Milk	18  <u>BREAKFAST</u> Biscuit & Gravy or Cereal, Fruit, Juice & Milk  <u>LUNCH</u> Beef Nachos or Cheese Quesadilla Corn, Refried Beans, Fresh Veggies, Fruit, Juice & Milk	19  <u>BREAKFAST</u> French Toast Sticks or Cereal, Fruit, Juice & Milk  <u>LUNCH</u> Pizza or Hot Ham & Cheese Sub. Green Beans, Smiley Fries, Fresh Veggies, Fruit, Juice & Milk	20  <u>BREAKFAST</u> Sausage Biscuit or Cereal, Fruit, Juice & Milk  <u>LUNCH</u> Fish Sticks or Corn Dog Nuggets Hushpuppies, Mac & Cheese, Pinto Beans, Fresh Veggies, Fruit, Juice & Milk
23  <u>BREAKFAST</u> Egg & Cheese Bagel or Cereal, Fruit, Juice & Milk  <u>LUNCH</u> Cheese Bites or Popcorn Chicken Steamed Broccoli, Fries, Fresh Veggies, Fruit, Juice & Milk	24  <u>BREAKFAST</u> Warm Muffin or Cereal, Fruit, Juice & Milk  <u>LUNCH</u> Pizza or Mini Calzones Green Beans, Sweet Carrots, Fresh Veggies, Fruit, Juice & Milk	25  <u>BREAKFAST</u> Chicken Biscuit or Cereal, Fruit, Juice & Milk  <u>LUNCH</u> Cheese Quesadilla or Beef Soft Shell Taco Corn, Refried Beans, Fresh Veggies, Fruit, Juice & Milk	26  <u>BREAKFAST</u> Pancakes or Cereal, Fruit, Juice & Milk  <u>LUNCH</u> Pizza or Hot Ham & Cheese Sub. California Blend, Fresh Veggies, Cookie, Fruit, Juice & Milk	27  <u>NO</u> <u>SCHOOL</u>  <u>PROFESSIONAL</u> <u>DEVELOPMENT</u> <u>DAY</u>
30  <u>BREAKFAST</u> Egg & Cheese Bagel or Cereal, Fruit, Juice & Milk  <u>LUNCH</u> Cheese Bites or Chicken Alfredo Corn, Steamed Broccoli, Fruit, Juice & Milk				

**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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