

East Ridge Middle School

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 1 st Teriyaki Beef 2 nd Popcorn Chicken Roll, Mashed Potatoes, Peas, Fruit Choice, Milk	5 1 st Pizza 2 nd Turkey and Cheese Sandwich Fries, California Blend, Dessert, Fruit Choice, Milk	6 1 st Chicken Tenders 2 nd BBQ Plate Roll, Green Beans, Mac N Cheese, Fruit Choice, Milk
9 1 st Cheese Bites 2 nd Grilled Cheese Chili, Waffle Fries, Dessert, Fruit Choice, Milk	10 1 st Hamburger 2 nd Hot Dog Baked Beans, Chips, Fruit Choice, Milk	11 1 st Popcorn Chicken 2 nd Lasagna Roll Garlic Toast, Broccoli, Corn, Fruit Choice, Milk	12 1 st Pizza 2 nd Roast Beef Sandwich Green Beans, California Blend, Fruit Choice, Milk	13 1 st Corn Dog Nuggets 2 nd Fish Sticks Pinto Beans, Fries, Hushpuppies, Fruit Choice, Milk
16	17 1 st Chicken 2 nd Sausage Waffle, Tater Tots, Baked Apples, Fruit Choice, Milk	18 1 st Chicken Breast Fillet 2 nd Hamburger Steak w/ Gravy Roll, Mashed Potatoes, Peas, Fruit Choice, Milk	19 1 st Pizza 2 nd Chicken Sandwich Fries, Green Beans, Fruit Choice, Milk	20 1 st Beef Nachos 2 nd Chicken Taco Tortilla Chips, Corn, Black Beans, Fruit Choice, Milk
23 1 st Hamburger 2 nd Hot Dog w/ Chili Chips, Baked Beans, Fruit Choice, Milk	24 1 st Cheese Bites 2 nd Quesadilla Chicken Queso Soup, Tortilla Chips, Dessert, Fruit Choice, Milk	25 1 st Chicken Breast Filet 2 nd Baked Spaghetti Garlic Toast, Broccoli, California Blend, Fruit Choice, Milk	26 1 st Pizza 2 nd Roast Beef Sandwich Green Beans, Glazed Carrots, Dessert, Fruit Choice, Milk	27 1 st Fish Sticks 2 nd Corn Dog Nuggets Pinto Beans, Corn, Hushpuppies, Fruit Choice, Milk
30 1 st Grilled Cheese 2 nd Fried Bologna Sandwich Chicken Noodle Soup, Cheez-Its, Dessert, Fruit Choice, Milk	31 Chicken Eggs Gravy Biscuit, Tater Tots, Baked Apples, Fruit Choice, 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.

MEALS ARE SUBJECT TO CHANGE WITHOUT NOTICE.