

February 2018

Pleasant Ridge Middle School

LUNCH



RAMS



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts. This institution is an equal opportunity provider. Menus are subject to change.



Monday



5
Taco Crunch
Tenderloin Sandwich
Lettuce / Tomato
Corn / Tortilla Chips & Salsa
Pineapple

12
Burrito w/ cheese Sauce
Grilled Chicken Sandwich
Lettuce / Tomato / Corn
Tortilla Chips / Salsa
Fruit Cocktail



26
Crispitos w/ Cheese Sauce
Tenderloin Sandwich
Lettuce / Tomato
Corn / Tortilla chips/ Salsa
Pineapple

Tuesday



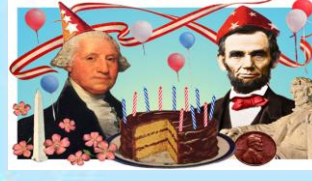
6
Mac & Cheese with
Garlic Toast & Little Smokies
Corn Dog
Caesar Salad / Carrots
Chilled Pears / Yogurt

13
Spaghetti / Breadstick
Corn Dog
Salad Bar
Chilled Peaches / Yogurt

20
Sweet & Sour Chicken
With Egg Roll
Tenderloin Sandwich
Rice / Chilled Pears
Cucumber and Peppers w/Ranch

27
Chili with Crackers
Corn Dog
Celery and Peppers with Ranch
Chilled Peaches
Cinnamon Roll

Wednesday



7
Hot Ham and Cheese
Breaded Chicken Sandwich
Tater Tots
Baked Beans
Tropical Fruit

14
Cheese Burger
BBQ Riblet Sandwich
Lettuce / tomato
Baked Beans
Fries
Applesauce

21
Cheese Burger
Grilled Chicken Sandwich
Tater Tots
Baked Beans
Tropical Fruit / Yogurt

28
Grilled Cheese
Breaded Chicken Sandwich
Tomato Soup
Salad Bar
Applesauce / Yogurt

Thursday

1
Chicken Strips / Roll
PBJ: Yogurt -Goldfish
Mashed Potato / Gravy
Peas / Fresh Fruit

8
Chicken Strips / Roll
PBJ: Yogurt -Goldfish
Mashed Potato / Gravy
Green Beans / Fresh Fruit

15
Chicken Strips / Roll
PBJ: Yogurt -Goldfish
Mashed Potato / Gravy
Peas / Fresh Fruit

22
Chicken Strips / Roll
PBJ: Yogurt -Goldfish
Mashed Potato / Gravy
Green Beans / Fresh Fruit

Friday

2
Pepperoni Pizza
PBJ: Cheese Stick - Goldfish
Salad Bar / Fresh Oranges
Chocolate Chip Cookie

9
Cheese Max Stick/ Marinara
PBJ: Cheese Stick - Goldfish
Salad Bar / Mandarin Oranges
Rice Krispy Treat

16
Cheese Pizza
PBJ: Cheese Stick - Goldfish
Salad Bar / Fresh Oranges
January Birthdays Celebrated

23
Cheese Max Stick/ Marinara
PBJ: Cheese Stick - Goldfish
Salad Bar / Mandarin Oranges
Apple Crisp

