

October 2019

Fir Ridge

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Teriyaki Chicken & Rice Southwest Mixed Vegetables Mandarin Oranges & Broccoli Milk	2 Hawaiian Pizza Pineapple / Orange Salad Milk	3 Chicken Burger & Potato Wedge Applesauce / Corn Banana & Carrot Sticks Milk	4 Turkey Gravy Mashed & Roll Green Beans Coleslaw, Peaches Milk
7 Chicken Nachos Refried Beans / Celery Pears / Apricots / Salsa Milk	8 Mandarin Orange Chicken & Rice Corn Mandarin Oranges & Broccoli Milk	9 Cheese Pizza Pineapple / Orange Salad Milk	10 No School	11 No School
14 Chicken Nuggets & Doritos Baked Beans & Celery Pears / Apricots Milk	15 Teriyaki Chicken & Rice Capri Mixed Vegetables Mandarin Oranges & Broccoli Milk	16 Lasagna Roll Up & Dorito Pineapple / Orange Salad Milk	17 Egg Rolls Applesauce / Corn Kiwi & Carrot Sticks Milk	18 Dunkers & Dunker Bread Green Beans Coleslaw, Peaches Milk
21 Chili Nacho's Baked Beans & Celery Pears / Apricots / Milk	22 Mandarin Orange Chicken & Rice Corn Mandarin Oranges & Broccoli Milk	23 Combo Pizza Pineapple / Orange Salad Milk	24 Chicken Soft Tacos Applesauce Apple & Carrot Sticks Milk	25 Chicken Cesar Salad & Roll Green Beans Coleslaw & Peaches Milk
28 Chicken Strip & Doritos Baked Beans & Celery Pears / Apricots Milk	29 Teriyaki Chicken & Rice Southwest Mixed Vegetables Mandarin Oranges & Broccoli Milk	30 Hawaiian Pizza Pineapple / Orange Salad Milk	31 Chicken Burger & Potato Wedge Applesauce / Corn Banana & Carrot Sticks Milk	
Baked Beans	Broccoli	Salad	Carrot Sticks	Green Beans
Every Day Entrees Parfait & Granola Peanut Butter & Jelly Chicken Wrap M-T-W-T Turkey Sandwich Friday				

Additional Nutritional Information available at <http://www.ddouglas.k12.or.us/departments/nutrition-services/>

Notice

This institution is an equal opportunity provider.

Menu Subject to change without Notice