


# September 2019

*Fir Ridge*

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 Teriyaki Chicken & Rice Southwest Mixed Vegetables Mandarin Oranges & Broccoli Milk	4 Hawaiian Pizza Pineapple / Orange Salad Milk	5 Chicken Burger & Potato Wedge Applesauce / Corn Banana & Carrot Sticks Milk	6 Turkey Gravy Mashed & Roll Green Beans Coleslaw, Peaches Milk
9 Chicken Nachos Refried Beans / Celery Pears / Apricots / Salsa Milk	10 Mandarin Orange Chicken & Rice Corn Mandarin Oranges & Broccoli Milk	11 Cheese Pizza Pineapple / Orange Salad Milk	12 Cheese Burger & Tater Tots Applesauce Apple & Carrot Sticks Milk	13 Chicken Alfredo & Bread Stick Green Beans Coleslaw, Peaches Milk
16 Chicken Nuggets & Doritos Baked Beans & Celery Pears / Apricots Milk	17 Teriyaki Chicken & Rice Capri Mixed Vegetables Mandarin Oranges & Broccoli Milk	18 Lasagna Roll Up & Dorito Pineapple / Orange Salad Milk	19 Egg Rolls Applesauce / Corn Kiwi & Carrot Sticks Milk	20 Spaghetti & French Bread Green Beans Coleslaw, Peaches Milk
23 Chili Nacho's Baked Beans & Celery Pears / Apricots / Milk	24 Mandarin Orange Chicken & Rice Corn Mandarin Oranges & Broccoli Milk	25 Combo Pizza Pineapple / Orange Salad Milk	26 Chicken Soft Tacos Applesauce Apple & Carrot Sticks Milk	27 Chicken Cesar Salad & Roll Green Beans Coleslaw & Peaches Milk
30 Chicken Strip & Doritos Baked Beans & Celery Pears / Apricots Milk				
Baked Beans	Broccoli	Salad	Carrot Sticks	Green Beans
<b>Every Day Entrees</b>  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