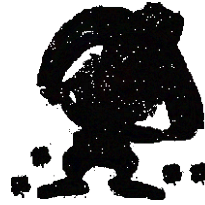




March 2019



**Ferndale Area High School Lunch Menu \* Menu Subject to Change\***

				1 Kasa Red.Pizza or Tuna Salad Sand or Chef Salad , Steamed Peas, Fresh Veggie Cup w/ Dip Peaches, Milk
4. Hot Ham & Cheese on Pretzel Bun or Ham & Cheese Sand or Chef Salad, Vegetarian Beans, Baby Carrots, Mixed Fruit, Baked Cheetos, Milk	5. Chicken Patty Sandwich or Ham & Cheese Sand. or Chef Salad, Lettuce & Tomato, French Fries, Pineapple, Pudding Cup, Milk	6. Chicken Fries or Ham & Cheese Sand. or Chef Salad, Seasoned Noodles, Baby Carrots, Pineapple, Milk	7. Turkey Sub or Ham & Cheese Sand. or Chef Salad, Lettuce/Tomato, Chicken Noodle Soup, Vegetable Cup, Pears, Milk	8. Maxx Sticks W/ Sauce or Egg Salad Sand. or chef Salad, Steamed Broccoli, Fresh Vegetable Cup, Peaches, Milk
11. Grilled Cheese Sand. or Deli Sand. or Chef Salad, Tomato Soup, Steamed Broccoli, Carrot & Celery Cup, Mandarin Oranges, Goldfish Crackers, Milk	12. Pasta W/ Meatballs, PB&J or Chef Salad, Steamed Peas, Tossed Salad W Dsg, Garlic Bread Stick, Pears, Milk	13. Chicken Taco Wrap or Deli Sand or Chef Salad, Black Beans, Lettuce, Tomato, Shredded Cheddar Cheese, Salsa, Steamed Rice, Mixed Fruit, Milk	14. Pulled Pork on Bun, or Deli Combo Sand or Chef Salad, French Fries, Coleslaw, Baby Carrots, Peaches, Milk	15. French Bread Pizza or Tuna Salad Sand. or Chef Salad, Steamed Carrots, Tossed Salad, Pineapple, Milk
18. Hamburger or PB&J or Chef Salad, Lettuce, Tomato, & Slice of Cheese, Potato Wedges, Mixed Fruit, Milk	19. Popcorn Chicken or PB&J or Chef Salad, Mashed Potatoes w/ Gravy, Steamed Corn, Cheddar Cheese, Dinner Roll, Hot Apple Slices, Milk	20. Hot Dog on Bun or PB&J or Chef Salad, Sauerkraut, French Fries, Vegetarian Beans, Baby Carrots, Peaches, Milk	21. Chicken Fajitas or PB&J or Chef Salad, Grilled Peppers and Onions, Steamed Broccoli, Steamed Rice, Shredded Cheese, Pears, Sherbet Milk	22. No School For Students
25. Chicken Strips or Turkey & Cheese Sandwich, or Chef Salad, Macaroni & Cheese, Stewed Tomatoes, Coleslaw Mixed Fruit, Milk	26. Chicken& Gravy over Biscuits or Turkey & Cheese Sand or Chef Salad, Steamed Broccoli Pears, Sherbet, Milk	27. Meatball Hoagie or Turkey & Cheese Sand or Chef Salad, Mozzarella Cheese, Steamed Green Beans, Tossed Salad w/ Dsg, Peaches, Snack Bag, Milk	28. Steak & Cheese on Pretzel Bun, or Turkey & Cheese Sand or Chef Salad, Potato Cakes, Baby Carrots, Pineapple, Milk	29. Nacho Grande or Turkey & Cheese Sand. or Chef Salad Lettuce, Cheese & Salsa, Black Beans, Steamed Rice, Steamed Corn, Pears, Milk

Meal Pricing: Breakfast District wide \$1.00 Reduced \$.30, Lunch: High School \$1.85, Elementary \$1.70, Reduced \$.40, Milk \$.45\*\*Milk Choices \*\*Fat Free Chocolate, Vanilla, Strawberry, Skim,1% White