



October 2023



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

<b>Chef Salad Available Daily</b>	Fat Free Chocolate, Strawberry, 1% white	Free Lunch & Breakfast for all Students!! Adult Prices Lunch \$4.75 Breakfast 2.40		
2. Hamburger on Bun, or Ham & Cheese Sandwich, Lettuce & Tomato, Tator Tots, Pineapple, Milk	3. Steak & Cheese on Pretzel Bun or Ham & Cheese Sandwich, Steamed Broccoli, French Fries, Pears, Milk	4. Hot Dog or Ham & Cheese Sandwich, Sauerkraut, Baked Beans, Snack Bag, Peaches, Milk	5. BREAKFAST FOR LUNCH: French Toast Sticks, or Ham & Cheese Sand., Sausage Links, Baby Cakes, Peaches, Milk	6. Personal Pizza or Buffalo Chicken Pizza or Ham & Cheese Sand., Green Beans, Baby Carrots, Mandarin Oranges, Milk
9.  No School	10. Chicken Patty Sand., or Turkey & Cheese Sandwich, Mac & Cheese, Stewed Tomatoes, Milk	11. Chicken Taco or Turkey & Cheese Sandwich, Steamed Rice, Corn, Black Beans, Shredded Lettuce, Pears, Milk	12. Pizza Burgers or Turkey & Cheese Sandwich, Steamed Broccoli, Baby Carrots, Peaches, Snack Bag, Milk	13. Turkey Hoagie Sand., or Ham & Cheese Sand., Shredded Lettuce, Tomato, Chicken Noodle Soup, Steamed Carrots, Frozen Fruit Cup, Milk
16. Taco or Deli Sand, Steamed Rice, Black Beans, Sh. Lettuce & Cheddar Cheese, Salsa, Pineapple, Milk	17. Pasta w/ Meatsauce or Deli Sandwich, Tossed Salad, Garlic Bread Stick, Peaches, Milk	18. Hot Ham & Cheese Sand. on Bun or Deli Sandwich, French Fries, Green Beans, Pears, Snack Bag, Milk	19. Meatball Hoagie or Deli Sandwich, Steamed Broccoli, Shredded Mozz Cheese, Mandarin Oranges, Milk	20. Stromboli w/ Sauce or Deli Sandwich, Steamed Carrots, Pineapple, Snack Bag, Milk
23.  No School	24. Grilled Cheese Sand., or Deli Sand. Tomato Soup, Baby Carrots & Celery Cup, Goldfish Crackers, Pineapple, Milk	25. General Tso Chicken or Chicken Strips or Deli Sandwich, Steamed Rice, Steamed Broccoli, Pears, Milk	26. Grande Nachos or Deli Sandwich, Lettuce, Cheddar Cheese, Salsa, Steamed Corn, Salsa, Black Beans, Peaches, Milk	27. Pizza Or Buffalo Chicken Pizza, or Deli Sand., Tossed Salad, Pineapple,
30. Meatballs in Gravy or Ham & Cheese, Seasoned Noodles, Peas, Pears, Peaches, Dinner Roll, Milk	31. Philly Cheese Steak Sand., or Ham & Cheese, French Fries, Fresh Veggie Cup, Mixed Fruit, Orange, Milk			

