



October 2026



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

Chef Salad Available Daily **Fat Free Chocolate, Strawberry, 1% white			1. Popcorn Chicken Bowl, or Deli Sand., Mashed Potatoes, Cheddar Cheese, Corn, Apple, Pears, Milk	2. Pizza or Deli Sand., Green Beans, Salad, Frozen Fruit Cup, Peaches, Snack Bag, Milk
5. Chicken & Gravy over Waffles or Ham & Cheese Sandwich, Dinner Roll, Broccoli. Apples, Peaches, Milk	6. Chicken Alfredo or Deli Sandwich, Tossed Salad, Dinner Roll, Pears, Frozen Fruit Cup, Milk	7. Hamburger on Bun, or Ham & Cheese Sandwich, Lettuce & Tomato, Veg Beans, French Fries, Pineapple, Pears, Milk	8. BREAKFAST FOR LUNCH: Breakfast Sand., or Ham & Cheese Sand., Sausage Links, Baby Cakes, Peaches, Pineapple, Milk	9. Pizza or Buffalo Chicken Pizza or Ham & Cheese Sand., Green Beans, Baby Carrots, Mandarin Oranges, Banana, Milk
12. No School	13. Meatball Hoagie or Deli Sandwich, Baked Beans, French Fries, Shredded Mozz Cheese, Mandarin Oranges, Apple, Milk	14. Teriyaki Chicken or Turkey & Cheese Sand., Rice, Broccoli, Peaches, Pears, Milk	15. Pizza Burgers or Turkey & Cheese Sandwich, Steamed Broccoli, Baby Carrots, Peaches, Oranges, Snack Bag, Milk	16. Max Sticks w Sauce or Deli Combo, Tossed Salad, Green Beans, Peaches, Pears, Fritos, Milk
19. Walking Taco or Turkey & Cheese Sand, Steamed Rice, Shredded Lettuce & Shred Cheese, Corn, Baby Carrots, Mixed Fruit, Pears, Milk	20. Chicken Sand. on Bun, or Turkey & Cheese Sand., Tator Tots, Green Beans, Mixed Fruit, Pears, Milk	21. Hot Dog on Bun or Turkey & Cheese, Veg. Beans, Baby Carrots, Peaches, Orange Pineapple Frozen Fruit Cup, Cheezits, Milk	22. Chicken Strips or Turkey & Cheese Sand., Dinner Roll, Mac & Cheese, Peas, Applesauce, Pineapple, Milk	23. Pizza Crunchers or Turkey & Cheese, Baby Carrots, Broccoli, Mixed Fruit, Mandarin Oranges, Milk
26. Popcorn Chicken; or Deli Sand., Potato Wedges, Green Beans, Pineapple, Banana, Milk	27. Grilled Cheese Sand., or Deli Sand. Tomato Soup, Baby Carrots & Celery Cup, Goldfish Crackers, Pineapple, Apple, Milk	28. General Tso Chicken or Chicken Strips or Deli Sandwich, Steamed Rice, Steamed Broccoli, Pears, Peaches, Milk	29. Chicken Grande Nachos or Deli Sandwich, Lettuce, Cheddar Cheese Sauce, Salsa, Steamed Corn, Salsa, Black Beans, Peaches, Mixed Fruit, Milk	30. Pizza Or Buffalo Chicken Pizza, or Deli Sand., Tossed Salad, Pineapple, Pears, Snack Bag, Milk
Free Lunch & Breakfast for all Students!! Adult Prices Lunch \$5.25 Breakfast \$3.25				

