



May 2024

RIDGEFIELD HIGH SCHOOL  
LUNCH MENU

May 6<sup>th</sup> – May 10<sup>th</sup>

Powering potential.

	MON	TUES	WED	THURS	FRI
Center Plate	Spaghetti & Meatballs Broccoli Garlic Bread	.Chicken Fajitas With Black Beans, Rice, Sour Cream & Salsa	“Spring Thanksgiving” Fresh Roasted Turkey, Mashed Potato, Green Beans, Cranberry Sauce & Gravy	Chicken Dumplings With Fried Rice & Stir Fry Cabbage & Veggies	Tortellini With Pesto & Sundried Tomatoes Sautéed Zucchini & Garlic Bread
Grill	Chicken & Cheese Quesadilla	Spicy Tzatziki Beef Gyro	.Grilled Pesto Chicken Mozzarella & Roasted Pepper Panini	Tuna Melt On Rye Bread With Swiss Cheese	Grilled Cheese w/ Tomato
Deli Special	Italian Combo	Italian Combo	Italian Combo	Italian Combo	Italian Combo
Test Kitchen	Chicken Beef or Bean Nacho Bar With Choice Of Toppings	Chicken Beef or Bean Nacho Bar With Choice Of Toppings	Chicken Beef or Bean Nacho Bar With Choice Of Toppings	Chicken Beef or Bean Nacho Bar With Choice Of Toppings	Omelet Bar or Fresh Made Banana Bread
Pizza	Pineapple & Bacon Pizza	Pineapple & Bacon Pizza	Pineapple & Bacon Pizza	Pineapple & Bacon Pizza	Pineapple & Bacon Pizza

Menus are subject to change.

Available Everyday:

**GRILL:** Hamburger, Cheeseburger, Veggie Burger

**PIZZA:** Cheese & Pepperoni

**DELI:** Made to Order Turkey, Ham, Chicken, Roast Beef & Salami

**FULL SALAD BAR**

**WITH A SELECTION OF PRE-MADE SPECIALTY SALADS**



All Breads are delivered fresh everyday  
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Chicken is whole muscle  
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Milk is hormone & antibiotic free  
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All deli meats are Boar’s Head



This institution is an equal opportunity providers



May 2024

RIDGEFIELD HIGH SCHOOL LUNCH MENU

May 13<sup>th</sup> – May 17<sup>th</sup>

Powering potential.

	MON	TUES	WED	THURS	FRI
Center Plate	Chicken Piccata With Rice Pilaf & Fresh Green Beans	Beef Nachos With Black Beans, Salsa, Cheddar & Sour Cream Toppings.	“Chicken Scarpello” Sausage & Cherry Peppers & Rice Pilaf & Green beans	Gen Tso’s Chicken With Fried Rice & Steamed Snow Peas	Fusilli Pasta With Marinara or Meat Sauce, Fresh Broccoli & Garlic Bread
Grill	Chicken & Cheese Quesadilla	Turkey Melt With Cranberry Slaw & Swiss Cheese	.Pulled Pork, Melted Cheese & Spicy Mustard Sauce on a Pretzel Roll	Jalapeno Grilled Chicken With Cheddar Cheese & Sautéed Onions	Texas Toast Jalapeno Grilled Cheese
Deli Special	Roasted Chicken & Avocado on Ciabatta	Roasted Chicken & Avocado on Ciabatta	Roasted Chicken & Avocado on Ciabatta	Roasted Chicken & Avocado on Ciabatta	Roasted Chicken & Avocado on Ciabatta
Test Kitchen	.Mac-n-Cheese Bar With Toppings Of Your Choice	Mac-n-Cheese Bar With Toppings Of Your Choice	Mac-n-Cheese Bar With Toppings Of Your Choice	Mac-n-Cheese Bar With Toppings Of Your Choice	Omelet Bar
Pizza	.Buffalo Chicken Pizza	.Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza.

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LUNCH MENU

May 20<sup>th</sup> – May 24<sup>th</sup>

Powering potential.

	MON	TUES	WED	THURS	FRI
Center Plate	BBQ Chicken With Mashed Potatoes & Seasoned Spring Veggies	Beef, Rice & Cheese Burrito. With Seasoned Beans on Side	Thai Chicken With Coconut Curry Sauce, Rice Noodles, & Asian Veggies	Chicken Lo Mein With Teriyaki Sauce & Mixed Asian Vegetables	Cheese Ravioli With Spinach & Garlic Bread
Grill	Chicken & Cheese Quesadilla	Turkey, Bacon & Cheddar Panini	Chicken & Roasted Vegetable Toasted Wrap	Fried Fish Sandwich With Cole Slaw & Tarter Sauce	Grilled Cheese w/ Chicken Noodle
Deli Special	Hummus & Roasted Vegetable Wrap	Hummus & Roasted Vegetable Wrap	Hummus & Roasted Vegetable Wrap	Hummus & Roasted Vegetable Wrap	Hummus & Roasted Vegetable Wrap
Test Kitchen	Pasta Bar With Your Choice Of Toppings	Pasta Bar With Your Choice Of Toppings	Pasta Bar With Your Choice Of Toppings	Pasta Bar With Your Choice Of Toppings	Omelet Bar
Pizza	Pizza Bagels Cheese & Pepperoni	Pizza Bagels Cheese & Pepperoni	Pizza Bagels Cheese & Pepperoni	Pizza Bagels Cheese & Pepperoni	Pizza Bagels Cheese & Pepperoni

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May 2024

RIDGEFIELD HIGH SCHOOL  
LUNCH MENU

May 27<sup>th</sup> – May 31<sup>st</sup>

Powering potential.

	MON	TUES	WED	THURS	FRI
Center Plate	Memorial Day	Double Taco Tuesday with Rice & Black Beans	Fish N Chips Cole Slaw Broccoli	Tempura Chicken With Orange Sauce, Brown Rice, & Asian Veggies	Fusilli Pasta With Marinara or Pesto Sauce Broccoli Rabe Garlic Breadsticks
Grill		Mediterranean Chicken Gyro With Tzatziki	NY Chopped Cheese Club	Chicago Beef “Dip” Club Sandwich	Grilled Cheese w/ Tomato
Deli Special	School Closed	Fresh Mozzarella & Tomato With Pesto Mayo On Ciabatta	Fresh Mozzarella & Tomato With Pesto Mayo On Ciabatta	Fresh Mozzarella & Tomato With Pesto Mayo On Ciabatta	Fresh Mozzarella & Tomato With Pesto Mayo On Ciabatta
Test Kitchen		Raman Noodle Bar	Raman Noodle Bar	Raman Noodle Bar	Raman Noodle Bar
Pizza		Roasted Vegetable White Pizza	Roasted Vegetable White Pizza	Roasted Vegetable White Pizza	Roasted Vegetable White Pizza

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