Ridgefield Middle School June 2012 Menu

Favorite Comfort Foods & International Flavors Served Your Way

				1
Student lunch price: $2.95 **Reduced meal price: $0.40** **8 ounce Milk carton: $0.60** **Adult Meal Price $4.00**	**Meals include entrée, choice of 1% white, skim milk, or fat free chocolate milk (antibiotic and hormone-free), and additional servings of fresh fruits and vegetables.**			**Sloppy Joe on a Whole Wheat Bun** Seasoned Peas Oven Baked French Fries
4	5	6	7	8
Pasta with Beef Meat Sauce Seasoned Green Beans Whole Wheat Bread Stick Sliced Peaches	**Cheese Quesadilla** Corn & Black Bean Salad	**CHEF'S CHOICE**	**Whole Wheat French Toast Sticks** Warm Strawberry Fruit Topping Turkey Sausage Links Hash Brown Patty	**General Tso's Chicken** Stir-Fry Vegetables Steamed Brown Rice
11	12	13	14	15
Crispy Chicken Tenders w/ Honey Mustard Dipping Sauce Baby Spinach Salad Whole Wheat Dinner Roll	**Meatball Parmesan on a Whole Wheat Grinder Roll** Creamy Carrot & Raisin Salad	**Creamy Mac & Cheese** Tossed Garden Salad Garlic Bread Peach Cobbler	**CHEF'S CHOICE**	**Oven Fried Chicken** Glazed Carrot Coins Whole Wheat Dinner Roll Apple Crisp
18	19	20	21	22
Golden Waffle Sticks Warm Blueberry Topping Scrambled Egg Patty	**Cheesy Baked Ziti** Seasoned Broccoli Whole Wheat Breadstick	**Sweet & Sour Popcorn Chicken** Stir-Fry Vegetables Whole Wheat Dinner Roll Cinnamon Spiced Peaches	**CHEF'S CHOICE**	
28	29	30	31	

Have a Safe and Happy Summer!

Cold Sandwiches Made Fresh.

Daily Choices May Include:
Tortilla Wraps, Rolls, and Whole Wheat Bread
Turkey, Ham, Tuna Salad, Chicken Salad
Assorted Cheeses, Assorted Veggies, Low-Fat Mayo, Mustard, Oil & Vinegar.

Fresh Baked Cheese Pizza Available Everyday!

Check for Daily Specials

As part of Chartwells' ongoing commitment to Diversity, this month we will be celebrating…

CARRIBEAN AMERICAN HERITAGE MONTH!

Lean Beef Burgers, Cheeseburgers, & Breaded Chicken Sandwiches Available Daily

Specials:

M: Philly Cheese Steak Sandwich
T: Grilled Jerk Chicken Sandwich
W: Hot Ham and Cheese on a Bagel
Th: Chicken Parm Sandwich
F: **Chefs Choice**

Be a Flexitarian!

Chartwells "Be a Flexitarian" Campaign is a continuous program that focuses on providing entrée choices at lunch that are meat free. Having at least one meat-free meal a week promotes better health in our students.

What is a flexitarian?

Flexitarians eat meat sometimes, but not always.

Any questions please call:

Food Service Director
Janet Schmitz 203-431-2800 x2035