

Ridgefield Elementary Schools

GLUTEN FRIENDLY

LUNCH MENU

February 2023



30 **GF Pasta** with
Marinara
Roasted Broccoli
Fresh Fruit
Hormone Free Milk

31 Beef Nachos
on **GF Corn Chips**
Lettuce, Tomato &
Cheddar Cheese
Kickin' Pinto Beans
Fresh Fruit
Hormone Free Milk

1 **GF Chicken Tenders**
Baked French Fries
Fresh Fruit
Hormone Free Milk

2 **GF Bagel or Muffin**
Turkey Sausage
Sweet Potato Fries
Fresh Fruit
Hormone Free Milk

3 **Cheese Or Pepperoni
GF Pizza**
Garden Salad
Fresh Fruit
Hormone Free Milk

Weekly Features Hot: Three Cheese Melt on GF Whole Grain Bread
Cold: Chicken Baja Salad

4 **GF Pasta**
Butternut Squash
Fresh Fruit
Hormone Free Milk

5 **GF Chicken Quesadilla**
Corn & Black Bean Salsa
Fresh Fruit
Hormone Free Milk

6 **GF Baked Potato**
with Cheese
BBQ Black Beans
Fresh Fruit
Hormone Free Milk

7 **GF Chicken Tenders**
Baked French Fries
Fresh Fruit
Hormone Free Milk

8 **GF Cheese Pizza**
Garden Salad
Fresh Fruit
Hormone Free Milk

Weekly Features Hot: Oven Baked GF Chicken Tenders
Cold: Ham & American Cheese Sandwich on Whole Wheat Bread

13 **GF Pasta**
Marinara Sauce
Garlic Breadstick
Green Beans
Fresh Fruit
Hormone Free Milk

14 **Twin Beef Tacos on GF
Corn Shells**
Lettuce, Tomato & Cheddar
Cheese
Corn on the Cob
Fresh Fruit & Hormone Free
Milk

15 **GF Chicken Tenders**
Pickles
Red & Yellow Pepper Strips
Fresh Fruit
Hormone Free Milk

16 **GF Pasta** with Marinara
Roasted Broccoli
Fresh Fruit
Hormone Free Milk

20 **Early Dismissal
GF Bagel or Cereal**
Yogurt
Cheese Stick
Carrots
Fresh Fruit
Hormone Free Milk

Weekly Features Hot: GF Chicken, Broccoli & Brown Rice Bowl
Cold: Hard Boiled Egg Chef Salad with WG Dinner Roll

23 **NO SCHOOL
WINTER
RECESS**

24 **NO SCHOOL
WINTER
RECESS**

25 **NO SCHOOL
WINTER
RECESS**

26 **NO SCHOOL
WINTER
RECESS**

27 **NO SCHOOL
WINTER
RECESS**

**All Lunches Must
Include Choice of:**

Fruits and
100% Juice
*(Juice available only
Tuesday & Thursdays)*

**And / or
Vegetables**

And May Include:

Skim, 1% Low-Fat
Milk, or Skim
Chocolate Milk
Hormone Free

**SunButter Sandwich and
Bagel Fun Lunch served
daily**

**Menus are subject
to change.**

**Student Lunch
is \$2.95 and
includes
fresh fruit
and/or
vegetable
and hormone
free milk.**