



Students eat Free!

This institution is an equal opportunity providers



# Gluten Friendly September 2022

## Ridgefield Elementary Schools LUNCH MENU

Powering potential.

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\**  
*\*No High Fructose Corn Syrup\**

**Alternate Lunches Schedule:**

**Monday**

Turkey and Cheese Sandwich Or: Chef Salad w/ egg

**Tuesday**

Blueberry Parfait w/1/2cup fruit Or: WG Bagel w/ 2 Cheese Sticks & Lite Cream Cheese

**Wednesday**

Ham and Cheese Sandwich or: Chicken and Cheese Salad

**Thursday**

Strawberry Parfait w/1/2 Cup Fruit Or: WG Bagel w/ 2 Cheese Sticks & Lite Cream Cheese

**Friday**

29 GF Grilled Cheese w/Tomato, Cucumber & Chick Pea Salad  
Fresh Fruit  
Hormone Free Milk

30 GF Hamburger  
Lettuce & Tomato  
Baked Potato Tots  
Fresh Fruit  
Hormone Free Milk

31 GF Macaroni & Cheese or<sup>1</sup>  
Roasted Broccoli  
Fresh Fruit  
Hormone Free Milk

GF Cheese Quesadilla  
Steamed Corn & Salsa  
Fresh Fruit  
Hormone Free Milk

2 GF Cheese Pizza  
Garden Salad  
Fresh Fruit  
Hormone Free Milk

5 Labor Day School Closed

6 GF Bean & Cheese Quesadilla

7 GF pasta with choice of marinara sauce or Meat Sauce  
Roasted Brussel Sprouts  
Fresh Fruit  
Hormone Free Milk

8 **BRUNCH FOR LUNCH**  
Egg & Cheese on GF English Muffin  
Turkey Sausage  
Sweet Potato Puffs  
Fresh Fruit  
Hormone Free Milk

9 GF Cheese Pizza  
Garden Salad  
Fresh Fruit  
Hormone Free Milk

12 GF Ham & Cheese Melt  
Quinoa Salad with Black Beans  
Fresh Fruit  
Hormone Free Milk  
**Weekly Feature:**  
Homemade Mac & Cheese

13 GF Macaroni & Cheese  
Roasted Carrot Sticks  
Fresh Fruit  
Hormone Free Milk

14 GF Pasta w/ Marinara  
Garlic Bread  
Sautéed Broccoli  
Fresh Fruit  
Hormone Free Milk

15 GF Cheese  
Seasoned turkey, tacos, lettuce, tomatoes, cheese  
Brown Rice & Sweet Corn  
Fresh Fruit  
Hormone Free Milk

16 GF Cheese Pizza  
Tossed Caesar Salad  
Fresh Fruit  
Hormone Free Milk

19 GF Grilled Cheese Melt  
Vegetarian Baked Beans  
Fresh Fruit  
Hormone Free Milk

20 GF Hamburger  
Baked Potato Tots  
Fresh Fruit  
Hormone Free Milk

21 GF pasta with marinara sauce and With Meatballs  
Sautéed Spinach  
Fruit & Vegetable Bar  
Hormone Free Milk

22 GF Cheddar Cheese Quesadilla  
Steamed Corn & Salsa  
Fruit & Vegetable Bar  
Hormone Free Milk

23 GF Cheese  
Garden Salad  
Fruit & Vegetable Bar  
Hormone Free Milk

**Weekly Feature:** Hamburger or Cheeseburger on a whole

26 Rosh Hashanah School Closed

27 GF Cheese Quesadilla  
Fruit & Vegetable Bar  
Hormone Free Milk

28 GF Pasta Alfredo  
Roasted Cauliflower  
Fresh Fruit  
Hormone Free Milk

29 **BRUNCH FOR LUNCH**  
Egg & Cheese on GF English Muffin  
Turkey Sausage  
Sweet Potato Puffs  
Fresh Fruit  
Hormone Free Milk

30 GF Cheese Pizza  
Tossed Caesar Salad  
Fresh Fruit  
Hormone Free Milk