



October 2022

RIDGEFIELD HIGH SCHOOL LUNCH MENU

October 3rd through October 7th

Powering
potential.

UNDER THE
HOOD

CENTER PLATE

EXPRESS

Chef Station

PIAZZA

	MON	TUES	WED	THURS	FRI
UNDER THE HOOD	Chicken BLT	BBQ Bacon Cheeseburger	Yom Kippur Schools Closed	Philly Cheesesteak	Chicken Russian Sandwich
CENTER PLATE	Roast Beef w/ Roasted Broccoli and Brown Gravy	Cheese Ravioli w/choice of sauce and Spinach Side Salad		Lemon Garlic Chicken w/Mashed Potato and Gravy	Crusted Tilapia with Rice and Broccoli
EXPRESS	Veggie and Hummus Wrap	Italian Combo Sandwich		Turkey BLT	Chicken Caesar Wrap
Chef Station	Coming Soon!				
PIAZZA	Margarita	Meat Lovers' Pizza		Roasted Veggie Pizza	Cheese Calzone



Menus are subject to change.

Offered Daily:
Rotisserie Chicken

Make-Your-Own Salad Bar

Daily Grill Items –
Hamburger, Cheeseburger

Daily Pizza
Cheese
With Topping

Daily Made-to-Order Deli

Boar's Head Turkey,
Ham, Buffalo Chicken
Salami, Provolone, Swiss,
American & Cheddar
Tuna, Chicken Salad, Egg
Salad



This institution is an equal
opportunity providers



October 2022

RIDGEFIELD HIGH SCHOOL LUNCH MENU

October 10th through October 14th

Powering potential.

UNDER THE HOOD

CENTER PLATE

EXPRESS

Chef Station

PIAZZA

	MON	TUES	WED	THURS	FRI
UNDER THE HOOD	Columbus Day Schools Closed	Chicken Bean Burrito	Cuban Style Sandwich	Spicy Breaded Chicken Sandwich	Cali Style Black Bean Burger
CENTER PLATE		Grilled Cheese with Tomato Soup and Spinach Side Salad	Tasty Taco Bar: 2 soft shelled tacos loaded with toppings of choice	Chicken and Pea Penne Alfredo w/ Breadstick and Zucchini	Ramen Noodle Bowl with choice of Chicken or Beef
EXPRESS		American Combo	Tuna Salad Sandwich	Farmers' Club: Egg Salad, BLT	Roast Beef Wrap with Horseradish Mayo and Cucumber
Chef Station	Coming Soon!				
PIAZZA		White Cheese Pizza	Veggie Calzone	Chicken Bacon Ranch Pizza	Hawaiian Pizza



Menus are subject to change.

Offered Daily:
Rotisserie Chicken

Make-Your-Own Salad Bar

Daily Grill Items –
Hamburger, Cheeseburger

Daily Pizza
Cheese
With Topping

Daily Made-to-Order Deli

Boar's Head Turkey,
Ham, Buffalo Chicken
Salami, Provolone, Swiss,
American & Cheddar
Tuna, Chicken Salad, Egg
Salad



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October 2022

RIDGEFIELD HIGH SCHOOL
LUNCH MENU

October 17th through October 21

Powering potential.

UNDER THE HOOD

MON

Pastrami Ruben

TUES

Eggplant Parm Sub

WED

Beef Gyro on Pita with Tzatziki Sauce

THURS

Early Dismissal Breakfast Menu Offered

FRI

Chicken Philly Chipotle Orange Mayo

CENTER PLATE

Beef or Veggie Lasagna w/ Leafy Green and Cucumber Salad

Rigatoni Pasta with choice of Sauce and Broccoli Rabe

Eggplant Parmesan w/ Garlic Toast

Oven Roasted Chicken Ratatouille

EXPRESS

Buffalo Chicken and Blue Cheese Wrap

Greek Pita Pockets

Cobb Wrap

Turkey Coleslaw on Kaiser Roll

Chef Station

Coming Soon!

PIAZZA

Buffalo Chicken and Ranch

Hawaiian Flatbread Pizza

Pepperoni and Hot Oil Pizza

Black Bean Queso Fresco

Menus are subject to change.

Offered Daily:
Rotisserie Chicken

Make-Your-Own Salad Bar

Daily Grill Items –
Hamburger, Cheeseburger

Daily Pizza
Cheese
With Topping

SANDWICH

Made-To-Order

Boar's Head Turkey,
Ham, Buffalo Chicken
Salami, Provolone, Swiss,
American & Cheddar
Tuna, Chicken Salad, Egg
Salad



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October 2022

RIDGEFIELD HIGH SCHOOL LUNCH MENU

October 24th through October 28th

Powering potential.

UNDER THE HOOD

CENTER PLATE

EXPRESS

Chef Station

PIAZZA

	MON	TUES	WED	THURS	FRI
UNDER THE HOOD	Meatball Parm	Fish Tacos	Pulled Pork and Coleslaw on a Roll	Grilled Ham and Cheese Melt	Spicy Breaded Chicken Sandwich
CENTER PLATE	Roasted Chicken with BBQ sauce of Choice and Roasted Potato	Penne Pasta w/ Sauce of Choice, Breadstick & Green Beans	Asian Beef Noodles	Lemon Garlic Chicken with Garlic Mashed Potato	Ravioli w/ Sausage Mascarpone
EXPRESS	Classic BLT Sandwich	Turkey Cobb Wrap	Italian Combo Sandwich	Blacken Chicken Wrap	Roasted Veggie and Hummus Wrap
Chef Station	Coming Soon!				
PIAZZA	Margarita Pizza	Ricotta Basil, Tomato and Balsamic Flat Bread	Chicken Bacon Ranch Pizza	Steak and Caramelized Onion Pizza	Grilled Chicken Pesto Mascarpone



Menus are subject to change.

Offered Daily:
Rotisserie Chicken

Make-Your-Own Salad Bar

Daily Grill Items –
Hamburger, Cheeseburger

Daily Pizza
Cheese
With Topping

Daily Made-to-Order Deli

Boar's Head Turkey,
Ham, Buffalo Chicken
Salami, Provolone, Swiss,
American & Cheddar
Tuna, Chicken Salad, Egg
Salad



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October 2022

RIDGEFIELD HIGH SCHOOL
LUNCH MENU

October 31st through November 4

Powering potential.

UNDER THE HOOD

CENTER PLATE

EXPRESS

Chef Station

PIAZZA

	MON	TUES	WED	THURS	FRI
UNDER THE HOOD	Chicken Russian Melt	Black bean Pepperjack Melt	Chicken Quesadilla	Mushroom and Swiss Burger	Philly Cheesesteak
CENTER PLATE	Roasted Herb Turkey and Mashed Potatoes	Rice and Bean Burrito with Roasted Corn	Ravioli Casserole w/ Sauteed Spinach	Grilled Chicken Parmesan Over Rice	Boneless Wings with Sauce of Choice w/Celery Sticks
EXPRESS	Chicken Caprese	Chicken Kale Caesar Wrap	Basil Tomato Tofu Wrap	Roast Beef, Broccoli Rabe and Hot Peppers on Roll	Egg Salad BLT
Chef Station	Coming Soon!				
PIAZZA	Taco Pizza	Spinach Chicken Pizza w/ White Sauce	3 Cheese Calzone	Arugula Pear Flatbread Pizza	Fresh Baked Cheese Stromboli



Menus are subject to change.

Offered Daily:
Rotisserie Chicken

Make-Your-Own Salad Bar

Daily Grill Items –
Hamburger, Cheeseburger

Daily Pizza
Cheese
With Topping

Daily Made-to-Order Deli

Boar's Head Turkey,
Ham, Buffalo Chicken
Salami, Provolone, Swiss,
American & Cheddar
Tuna, Chicken Salad, Egg
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