

# Ridgefield Elementary Schools

## GLUTEN FRIENDLY

### LUNCH MENU

#### January 2023



2 **WINTER RECESS**  
**SCHOOL CLOSED**

3 **GF Pasta** with Marinara Sauce  
Roasted Green Beans  
Fresh Fruit  
Hormone Free Milk

4 **GF BBQ Chicken Breast**  
Cornbread  
Baked Beans  
Fresh Fruit  
Hormone Free Milk

5 **GF Bagel or Muffin**  
Turkey Sausage  
Oven Baked Tator Tots  
Fresh Fruit  
Hormone Free Milk

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

**Weekly Features Hot:** Baked Chicken Tender & WG Dinner Roll  
**Cold:** Chicken Caesar Salad

9 **GF Chicken Tenders**  
Roasted Broccoli  
Fresh Fruit  
Hormone Free Milk

10 **Beef Nachos on GF Corn Chips**  
Lettuce, Tomato & Cheddar Cheese  
Corn & Black Bean Salsa  
Fresh Fruit

11 **Grilled Chicken Club Melt on GF Bun**  
Oven Baked Sweet Potato Fries  
Fresh Fruit  
Hormone Free Milk

12 **Early Dismissal GF Bagel, Muffin or Cereal**  
Fun Lunch  
Baby Carrots  
Fresh Fruit

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

**Weekly Features Hot:** Beef & Cheese Quesadilla  
**Cold:** Turkey & American Cheese Sandwich on Whole Grain Brad

16 **MARTIN LUTHER KING, JR. DAY**  
**SCHOOL CLOSED**

17 **GF Pasta with Marinara**  
Green Beans & Carrots  
Fresh Fruit & Hormone Free Milk

18 **Hot Dog on GF Bun** with Beans & Cheese  
Potato Smiles  
Fresh Fruit  
Hormone Free Milk

19 **Hamburger on GF Bun**  
BBQ Black Beans  
Fresh Fruit  
Hormone Free Milk

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

**Weekly Features Hot:** Chicken Patty Sandwich on Whole Grain Bun  
**Cold:** Blueberry, Yogurt & Granola Parfait

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

24 **GF Chicken Tacos on Corn Shells**  
Lettuce, Tomato & Cheddar Cheese  
Roasted Chick Peas  
Fresh Fruit

25 **GF Chicken Tender**  
Cornbread  
Roasted Sweet Potatoes  
Fresh Fruit  
Hormone Free Milk

26 **GF Bagel or Muffin**  
Turkey Sausage  
Baked Tator Tots  
Fresh Fruit  
Hormone Free Milk

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

**Weekly Features Hot:** Bean & Cheese Quesadilla  
**Cold:** Blueberry, Ham & American Cheese Sandwich on Whole Wheat Bread

**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 Free w/fruit and/or veggie!  
Adult Lunch \$4.00**