

Ridgefield Elementary Schools

LUNCH MENU

January 2023



2 WINTER RECESS
SCHOOL CLOSED

3 WG Pasta with Marinara
Sauce and Beef Meatballs
Garlic Breadstick
Roasted Green Beans
Fresh Fruit
Hormone Free Milk

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

5 French Toast Sticks
Turkey Sausage
Oven Baked Tator Tots
Fresh Fruit
Hormone Free Milk

6 Cheese Or Pepperoni
Pizza
Garden Salad
Fresh Fruit
Hormone Free Milk

Weekly Features Hot: Baked Chicken Tender & WG Dinner Roll
Cold: Blueberry Yogurt Parfait served with Granola

9 Chicken Penne Alfredo
Roasted Broccoli
Fresh Fruit
Hormone Free Milk

10 Beef Nachos
Lettuce, Tomato &
Cheddar Cheese
Corn & Black Bean Salsa
Fresh Fruit
Hormone Free Milk

11 Grilled Chicken Club Melt
Oven Baked Sweet
Potato Fries
Fresh Fruit
Hormone Free Milk

12 Early Dismissal
Bagel or
Cereal Bowl Fun Lunch
Baby Carrots
Fresh Fruit
Hormone Free Milk

13 Cheese stuffed
Breadsticks w/ Marinara
Dipping Sauce
Brussel Sprouts
Fresh Fruit
Hormone Free Milk

Weekly Features Hot: Beef and Cheese Quesadilla
Cold: Chicken Caesar Salad

16 MARTIN LUTHER
KING, JR. DAY
SCHOOL CLOSED

17 WG Pasta with Marinara
Garlic Bread Sticks
Green Beans & Carrots
Fresh Fruit & Hormone Free
Milk

18 General Tso Chicken with
Vegetables & Brown Rice
Fresh Fruit
Hormone Free Milk

19 WG Mac & Cheese
BBQ Baked Beans
Fresh Fruit
Hormone Free Milk

20 Cheese or BBQ Chicken
Pizza
Garden Salad
Fresh Fruit
Hormone Free Milk

Weekly Features Hot: Grilled Chicken Sandwich on Whole Grain Bun
Cold: Strawberry Yogurt Parfait served w/ Granola

23 WG Pasta with
Meatballs & Marinara
Garlic Breadstick
Roasted Broccoli
Fresh Fruit
Hormone Free Milk

24 Chicken Soft Tacos
Lettuce, Tomato &
Cheddar Cheese
Roasted Chick Peas
Fresh Fruit
Hormone Free Milk

25 Popcorn Chicken
Cornbread
Roasted Sweet Potatoes
Fresh Fruit
Hormone Free Milk

26 WG Waffles
Turkey Sausage
Baked Tator Tots
Fresh Fruit
Hormone Free Milk

27 Cheese or Meatball
Pizza
Garden Salad
Fresh Fruit
Hormone Free Milk

Weekly Features Hot: Bean & Cheese Quesadilla
Cold: 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**