

Happy New Year



January 2023

RIDGEFIELD HIGH SCHOOL LUNCH MENU

January 2nd-January 6th

Powering
potential.

UNDER THE
HOOD

CENTER PLATE

EXPRESS

TEST KITCHEN

PIZZA

	MON	TUES	WED	THURS	FRI
	Closed for New Years Day!	Chicken BLT	Eggplant Parmesan Sandwich	Sausage and Peppers	Fish Tacos
		Penne Pasta w/ sauce of choice, breadstick peas & carrots	Chicken Marsala Mash Potatoes Side Veggies	Asian Station Sweet and Sour Chicken Fried Rice	Roast Beef Protein Veggies/ Mash
		Italian Combo	Italian Combo Sandwich	Blacken Chicken Wrap	Greek Pita Pockets
		Chicken Noodle Soup	Nacho Station Toppings of Choice	Veggie Lasagna	Tomato Soup Grilled Cheese
		Roasted Veggie Pizza	Buffalo Pizza	3 Cheese Calzone	Spinach White 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



This institution is an equal
opportunity providers



Happy
New Year



January 2023

RIDGEFIELD HIGH SCHOOL LUNCH MENU

January 9th– January 13th

Powering
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UNDER THE
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CENTER PLATE

EXPRESS

TEST KITCHEN

PIAZZA

MON	TUES	WED	THURS	FRI
Pulled Pork Sandwich	Garden Veggie Burger	Philly Cheese Steak	PD Day Breakfast Service Available	Meat Ball Parm
Mac & Cheese Station	Taco Station Topping of Choice	Lemon Garlic Chicken Mash Potatoes Veggies		Cheese Ravioli Choice of Sauce Veggies
Cobb Wrap	Chicken Kale and Caesar Wrap	Farmers Club Egg Salad LT		Roasted Beef w/ Horseradish Mayo
Roast Turkey Gravy Sweet Potatoes Roast	Chicken Tikka Misala Rice & Veggies	Chicken Fry Rice Veggie Roll		Crusted Tilapia Rice & Veggies
Margarita Pizza	Meat Lovers' Pizza	Chicken Bacon Ranch Pizza		Hawaiian Pizza

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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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STUDENT
NUTRITION

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Happy
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January 2023

RIDGEFIELD HIGH SCHOOL LUNCH MENU

January 16th- January 20th

Powering
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UNDER THE
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CENTER PLATE

EXPRESS

TEST KITCHEN

PIAZZA

MON	TUES	WED	THURS	FRI
Closed for Martin Luther King Jr. Day	Cuban Sandwich	Chicken Quesadilla	Garden Veggie Burger Pepper Jack	Chicken Parmesan Sandwich
	Nacho Station Choice of Toppings	Grilled Chicken Parmesan Rice & Veggies	Rigatoni w/ choice of Sausage and Broccoli Rabe	Boneless Wings w/ Sauce of Choice and Celery Sticks
	Buffalo Chicken Ranch Wrap	American Combo	Greek Pita Pocket	Turkey BLT
	Ziti with Meatballs Veggies	Penne Pasta Breadstick and Broccoli	Fish & Chips Tartar Sauce	Tomato Soup Grilled Cheese
	Roasted Veggie Pizza	Three Cheese Pizza	BBQ Chicken Pizza	Steak and Onion Pizza

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Daily Pizza
Cheese
With Topping

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January 2023

RIDGEFIELD HIGH SCHOOL LUNCH MENU

January 23rd– January 27th

Powering
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UNDER THE
HOOD

CENTER PLATE

EXPRESS

TEST KITCHEN

PIAZZA

MON	TUES	WED	THURS	FRI
Beef & Bean Burrito	Philly Cheese Steak	Garden Veggie Burger	Pastrami on Rye	Grilled Chicken BLT
Southern Chicken Station Cornbread Peas Mash Potatoes	Taco Station Choice of Toppings	Roast Beef Mash Potato Veggies & Gravy	Cheese Ravioli Choice of Sauce Garlic Bread	Mac & Cheese Station
Hummus Wrap	Chicken Caesar Wrap	Italian Combo Sandwich	Buffalo Chicken Ranch Wrap	Roasted Beef w/ Horseradish Mayo
Chicken Ramen Station	Oven Roasted Chicken Ratatouille Rice	Asian Station Sweet & Sour Chicken w/ Fried Rice	Cajun Chicken Wild Rice & Veggies	Lentil Quinoa Soup Garlic Bread
Margarita Pizza	Meat Lovers' Pizza	Chicken Bacon Ranch Pizza	Roasted Veggie Pizza	Pesto Chicken Pizza

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Make-Your-Own Salad Bar

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Daily Pizza
Cheese
With Topping

Daily Made-to-Order Deli

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Happy
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January 2023

RIDGEFIELD HIGH SCHOOL LUNCH MENU

January 30th – February 3rd

Powering
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UNDER THE
HOOD

CENTER PLATE

EXPRESS

TEST KITCHEN

PIAZZA

MON	TUES	WED	THURS	FRI
Chicken BLT	Bacon Cheese Burger	Pulled Pork and Coleslaw on a Roll	Mushroom and Swiss Burger	Fish Tacos
Roasted Herb Turkey & Mashed Potatoes	Grilled Cheese with Tomato Soup	Chicken Parmesan Pasta & Veggies	Pasta Station Sauce of Choice Veggies	Eggplant Parmesan w/ Garlic Toast
Chicken Caprese	Chicken Kale Caesar Wrap	Basil Tomato Mozzarella Wrap	Roast Beef, Hot Peppers on Roll	Egg Salad BLT
Loaded Baked Potato Bar with Toppings of choice	Nacho Station Choice of Topping	Ravioli Spinach Casserole	Chicken Marsala Mash Potatoes Veggies	Boneless Wings with Sauce of Choice w/Celery Sticks
Taco Pizza	White Chicken Spinach Pizza	3 Cheese Calzone	Arugula Pear Flatbread Pizza	Fresh Baked Cheese Stromboli

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