



# Ridgefield Elementary Schools GLUTEN FRIENDLY LUNCH MENU March 2023



**27 GF Pasta** in marinara sauce  
Broccoli Spears  
Fresh Fruit  
Hormone Free Milk

**28 Chicken Nachos on GF Corn Chips** w/ Lettuce, Tomato & Cheese  
Kickin' Pinto Beans  
Fresh Fruit  
Hormone Free Milk

**1 Honey Stung Diced Chicken**  
Cornbread  
Green Beans  
Fresh Fruit  
Hormone Free Milk

**2 GF Bagel or Muffin**  
Turkey Sausage  
Roasted Sweet Potato  
Fresh Fruit  
Hormone Free Milk

**3 GF Cheese Or Meatball Pizza**  
Corn Nibletts  
Garden Salad  
Fresh Fruit  
Hormone Free Milk

**Week 1 Weekly Features Hot: GF Cheese & Bean Quesadilla Cold: Turkey & American Cheese on GF Bread**

**6 GF Pasta with Marinara & Chicken**  
Green Beans  
Fresh Fruit  
Hormone Free Milk

**7 GF Baked Potato with Turkey Bacon & Cheese**  
Steamed Broccoli  
Fresh Fruit  
Hormone Free Milk

**8 GF Cheese Melt with Tomato Soup**  
Baked Beans  
Fresh Fruit  
Hormone Free Milk

**9 EARLY DISMISSAL GF Bagel or Muffin Fun Lunch**  
Fresh Fruit  
Hormone Free Milk

**10 GF Cheese or Pepperoni Pizza**  
Green Peas  
Garden Salad  
Fresh Fruit  
Hormone Free Milk

**Week 2 Weekly Features Hot: Hamburger or Cheeseburger on GF Bun Cold: Egg Chef Salad**

**13 GF Penne & Parsley with Diced Chicken**  
Butternut Squash  
Fresh Fruit  
Hormone Free Milk

**14 Beef Tacos on GF Corn Shells** w/ lettuce, tomato, & cheese  
Corn & Black Bean Salsa  
Fresh Fruit

**15 GF Chicken Tenders**  
Apple Slices & Celery Sticks with Sunbutter  
Cheese Stick  
Fresh Fruit  
Hormone Free Milk

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

**17 GF Cheese or Pepperoni Pizza**  
Broccoli  
Fresh Fruit  
Hormone Free Milk

**Week 3 Weekly Features Hot: Ham & Cheese Melt on GF Bread Cold: Blueberries & Yogurt w/ GF Bagel or Muffin**

**20 GF Chicken Parmesan GF Pasta**  
Green Beans  
Fresh Fruit  
Hormone Free Milk

**21 GF Chicken & Brown Rice Bowl**  
Broccoli  
GF Chicken Fajita Quesadilla  
BBQ Black Beans  
Fresh Fruit  
Hormone Free Milk

**22 GF Chicken Tenders**  
Corn  
Chicken Ranch Sandwich on GF Bun  
Baked French Fries  
Pickles  
Fresh Fruit  
Hormone Free Milk

**23 Hamburger or Cheeseburger on GF Bun**  
Baked French Fries  
GF Bagel or Muffin  
Turkey Sausage  
Sweet Potatoes  
Fresh Fruit  
Hormone Free Milk

**24 GF Cheese or Veggie Pizza**  
Seasoned Garbanzo Beans  
GF Cheese or Pepperoni Pizza  
Garden Salad  
Fresh Fruit  
Hormone Free Milk

**Week 4 Weekly**

**27 GF Pasta with Marinara**  
Broccoli  
Fresh Fruit  
Hormone Free Milk

**28**

**29**

**30**

**31**

**All Lunches Must Include Choice of:**

- Fruits,
- 100% Juice and/or Vegetable
- (Juice is only available 2 days per week)
- And May Include:**
- Skim or 1% Low-Fat Milk, or Skim Chocolate Milk
- \*Hormone Free\*

**Available Everyday SunButter & Jelly Sandwich on WG Bread served with 2 Cheese Sticks**

OR

**Bagel Fun Lunch Whole Grain Bagel Cheese Stick**

**D'animals Yogurt Student Lunch \$2.95 Adult Lunch \$4.00**  
Menus are subject to change.