

# Ridgefield Elementary Schools LUNCH MENU May 2023



**1** Chicken Meatball  
Grinder  
Steamed Broccoli  
Fresh Fruit  
Hormone Free Milk

**2** Chicken Fajita  
Quesadilla  
Kickin' Pinto Bean  
Fresh Fruit  
Hormone Free Milk

**3** BBQ Chicken Tender Sub  
Baked French Fries  
Fresh Fruit  
Hormone Free Milk

**4** WG Pancakes  
Turkey Sausage  
Roasted Sweet Potato  
Fresh Fruit  
Hormone Free Milk

**5** Cheese **Or** Meatball  
Pizza  
Roasted Brussel Sprout  
Garden Salad  
Fresh Fruit  
Hormone Free Milk

**Week 1 Weekly Features** *Hot: Hamburger or Cheeseburger on WG Bun Cold: Turkey & American Cheese on WG Bread*

**8** WG Penne with Marinara  
Or Meatauce  
Sauteed Kale  
Garlic Breadstick  
Fresh Fruit  
Hormone Free Milk

**9** Chicken Nachos  
BBQ Black Beans  
Sauteed Kale  
Fresh Fruit  
Hormone Free Milk

**10** Grilled Cheese & Tomato  
Soup  
Roasted Broccoli  
Fresh Fruit  
Hormone Free Milk

**11** Tator Tot Day  
Loaded Popcorn  
Chicken Tator Tot Bowl  
Steamed Carrots  
Fresh Fruit  
Hormone Free Milk

**12** Cheese **Or** Pepperoni Pizza  
Corn Nibbles  
Garden Salad  
Fresh Fruit  
Hormone Free Milk

**Week 2 Weekly Features** *Hot: Cheese & Bean Quesadilla Cold: Egg Chef Salad*

**15** Chicken Penne Alfredo  
Butternut Squash  
Fresh Fruit  
Hormone Free Milk

**16** Baked Potato with Cheese  
Baked Beans  
Fresh Fruit  
Hormone Free Milk

**17** Warm WG Baked  
Pretzels  
Apple Slices & Celery  
Sticks with Sunbutter Dip  
Cheese Stick  
Fresh Fruit  
Hormone Free Milk

**18** French Toast  
Turkey Sausage  
Baked Tator Tots  
Fresh Fruit  
Hormone Free Milk

**19** Cheese Or Veggie Pizza  
Steamed Green Beans  
Fresh Fruit  
Hormone Free Milk

**Week 3 Weekly Features** *Hot: Ham & Cheese Melt Cold: Pineapple & Greek Yogurt Parfait with Granola*

**22** Penne & Parsley  
Diced Chicken  
Garlic Breadstick  
Roasted Broccoli  
Fresh Fruit  
Hormone Free Milk

**23** Twin Beef Tacos  
Lettuce, Tomato &  
Cheddar Cheese  
Seasoned Pinto Beans  
Hormone Free Milk

**24** WG Mac & Cheese  
Corn Bread  
Green Beans  
Fresh Fruit  
Hormone Free Milk

**25** Chicken Club Melt  
Corn on the Cob  
Fresh Fruit  
Hormone Free Milk

**26** Cheese Stuffed Breadsticks  
with Marinara Dipping  
Sauce  
Garlic Parmesan Carrots  
Fresh Fruit  
Hormone Free Milk

**Week 4 Weekly Features** *Hot: Cheese Quesadilla Cold: Chicken & Cheese Salad*

**29**  
**MEMORIAL DAY  
NO SCHOOL**

**30** WG Penne with Marinara  
Beef Meatballs  
Garlic Breadstick  
Sauteed Kale  
Fresh Fruit  
Hormone Free Milk

**31** BBQ Chicken & Brown Rice  
Bowl  
Baby Lima Beans  
Fresh Fruit  
Hormone Free Milk

**1** Mini Blueberry Waffle  
Turkey Sausage  
Baked Tator Tots  
Fresh Fruit  
Hormone Free Milk

**2** Cheese or Pepperoni  
Pizza  
Green Beans & Carrots  
Garden Salad  
Fresh Fruit  
Hormone Free Milk

**Week 5 Weekly Features** *Hot: Baked Chicken Tenders & WG Dinner Roll Cold: Blueberry & Greek Yogurt Parfait with Granola*

**All Lunches Must  
Include Choice of:**

Fruit,  
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 a cheese  
stick

OR

**Bagel Fun Lunch**  
Whole Grain Bagel  
Cheese Stick  
D'animals Yogurt  
Menus are subject  
to change.

**Student Lunch  
FREE  
Adult Lunch  
\$4.00**