

Ridgefield Elementary Schools GLUTEN FRIENDLY LUNCH MENU

May 2023



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| <p>1 GF Pasta with Marinara
Steamed Broccoli
Fresh Fruit
Hormone Free Milk</p> | <p>2 Chicken Taco on GF Corn Taco Shell
Kickin' Pinto Bean
Fresh Fruit
Hormone Free Milk</p> | <p>3 GF Chicken Tenders
Baked French Fries
Fresh Fruit
Hormone Free Milk</p> | <p>4 GF Bagel or Muffin
Turkey Sausage
Roasted Sweet Potato
Fresh Fruit
Hormone Free Milk</p> | <p>5 GF Cheese Or Meatball Pizza
Roasted Brussel Sprout
Garden Salad
Fresh Fruit
Hormone Free Milk</p> |
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Week 1 Weekly Features Hot: *Hamburger or Cheeseburger on GF Bun* Cold: *Turkey & American Cheese on GF Bread*

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| <p>8 GF Penne with Marinara
Diced Chicken
Sauteed Kale
Fresh Fruit
Hormone Free Milk</p> | <p>9 GF Chicken Nachos on Corn Chips
BBQ Black Beans
Fresh Fruit
Hormone Free Milk</p> | <p>10 Grilled Cheese on GF Bread
Roasted Broccoli
Fresh Fruit
Hormone Free Milk</p> | <p>11 Tator Tot Day
GF Chicken Tender
Tator Tot Bowl
Steamed Carrots
Fresh Fruit
Hormone Free Milk</p> | <p>12 GF Cheese Or Pepperoni Pizza
Corn Nibbles
Garden Salad
Fresh Fruit
Hormone Free Milk</p> |
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Week 2 Weekly Features Hot: *Cheese & Bean Quesadilla on GF Wrap* Cold: *Egg Chef Salad*

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| <p>15 GF Pasta with Marinara
Butternut Squash
Fresh Fruit
Hormone Free Milk</p> | <p>16 Baked Potato with Cheese
Baked Beans
Fresh Fruit
Hormone Free Milk</p> | <p>17 GF Bagel or Muffin
Apple Slices & Celery Sticks with Sunbutter Dip
Cheese Stick
Fresh Fruit
Hormone Free Milk</p> | <p>18 GF Bagel or Muffin
Turkey Sausage
Baked Tator Tots
Fresh Fruit
Hormone Free Milk</p> | <p>19 GF Cheese Or Veggie Pizza
Steamed Green Beans
Fresh Fruit
Hormone Free Milk</p> |
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Week 3 Weekly Features Hot: *Ham & Cheese Melt on GF Bread* Cold: *Pineapple & Greek Yogurt Parfait*

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| <p>22 GF Pasta with Marinara
Diced Chicken
Roasted Broccoli
Fresh Fruit
Hormone Free Milk</p> | <p>23 Twin Beef Tacos on GF Corn Shells
Lettuce, Tomato & Cheddar Cheese
Seasoned Pinto Beans
Hormone Free Milk</p> | <p>24 GF Chicken Tenders
Green Beans
Fresh Fruit
Hormone Free Milk</p> | <p>25 Chicken Club Melt on GF Roll
Corn on the Cob
Fresh Fruit
Hormone Free Milk</p> | <p>26 GF Cheese Pizza
Garlic Parmesan Carrots
Fresh Fruit
Hormone Free Milk</p> |
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Week 4 Weekly Features Hot: *Cheese Quesadilla on GF Wrap* Cold: *Chicken & Cheese Salad*

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| <p>29 MEMORIAL DAY
NO SCHOOL</p> | <p>30 GF Pasta with Marinara
Sauteed Kale
Fresh Fruit
Hormone Free Milk</p> | <p>31 GF Chicken Tenders
Baby Lima Beans
Fresh Fruit
Hormone Free Milk</p> | <p>1 GF Bagel or Muffin
Turkey Sausage
Baked Tator Tots
Fresh Fruit
Hormone Free Milk</p> | <p>2 GF Cheese or Pepperoni Pizza
Green Beans & Carrots
Garden Salad
Fresh Fruit
Hormone Free Milk</p> |
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Week 5 Weekly Features Hot: *GF Chicken Tenders* Cold: *Blueberry & Greek Yogurt Parfait*

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**