

Ridgefield Elementary Schools **Gluten Friendly** Lunch Menu November 2022



7 **GF Pasta** in marinara sauce
Roasted Green Beans
Garden Salad
Hormone Free Milk

8

EI

School Closed

FOR LUNCH
! or Muffin

Turkey Sausage
Tator Tots
Hormone Free Milk

10 **GF Tex Mex Grilled Chicken**
Brown Rice
Roasted Tomatoes & Black Beans
Fresh Fruit
Hormone Free Milk

11

Veteran's Day

School Closed

Weekly Features Hot: Cheese & Bean Quesadilla
Cold: Chicken Caesar Salad

14 **GF Pasta** in marinara
Chickpea & Tomato
Salad
Roasted Broccoli
Hormone Free Milk

15

Taco Tuesday
Seasoned beef, lettuce,
tomato & cheese
GF Corn Shells
Seasoned Corn
Fresh Fruit
Hormone Free Milk

16

GF Grilled Chicken
Brown Rice
Snow Peas
Fresh Fruit
Hormone Free Milk

17

GF Mac & Cheese
Dinner Roll
Roasted Carrots
Fresh Fruit
Hormone Free Milk

18 **Early Dismissal**

**GF Bagel OR GF
Sunbutter & Jelly
Sandwich**
Fun Lunch
Fresh Fruit & Veggies

Weekly Features Hot: Oven Baked Chicken Tenders and Dinner Roll
Cold: Peach Parfait

21 **Early Dismissal**
**GF Turkey & Cheese
OR GF SunButter &
Jelly Sandwich**
Fun Lunch
Fresh Fruit & Veggies

22

Early Dismissal
**GF Ham & Cheese OR
GF SunButter & Jelly
Sandwich**
Fun Lunch
Fresh Fruit & Veggies

23

Early Dismissal
**GF Bagel OR GF
Sunbutter & Jelly
Sandwich**
Fun Lunch
Fresh Fruit & Veggies

24

**THANKSGIVING
BREAK**

SCHOOL CLOSED

25

**THANKSGIVING
BREAK**

SCHOOL CLOSED

Weekly Features Hot: Not Available due to Early Dismissal
Cold: Not Available due to Early Dismissal

28



29 Loaded Beef Nachos w/
Lettuce, tomato & cheese
On GF Corn Chips
Tomato Salsa
Black Beans
Fresh Fruit
Hormone Free Milk

30

**GF Grilled Chicken
Parmesan**
Roasted Green Beans
Fresh Fruit
Hormone Free Milk

1

GF Chicken Tenders
Oven Baked French Fries
Fresh Fruit & Hormone
Free Milk

2

GF Cheese Pizza
Garden Salad
Fresh Fruit
Hormone Free Milk

Weekly Features Hot: Hamburger on WG Bun
Cold: Veggie Salad with Hard Boiled Egg

**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**

**Student
Lunch
Is Free w/fruit
and/or veggie!
Adult Lunch**

**Menus are subject
to change.**

**Powering
potential.**