



October 2023

RIDGEFIELD HIGH SCHOOL LUNCH MENU

Oct 2nd-Oct 6th

Powering
potential.

Center Plate

Grill

Grab & Go Weekly
Special Deli/Salad

Weekly: Action
Station

PIZZA

MON	TUES	WED	THURS	FRI
Mac -n- Cheese Sauteed Mix Vegetables & Garlic Bread Stick	Taco Tuesday: Two Tacos Brown Rice Lettuce, Tomato, Salsa, Sour Cream	Chicken Teriyaki Dumplings with Sauteed Bok Choy & white Rice	Belgium Waffles Sausage links & Home Fries	Roasted Pork Loin, Spaghetti Squash & Maple Roasted Sweet Potato
Chicken & Cheese Quesadilla	Grilled Cheese & Curley Fries	Pulled BBQ Pork On Brioche Roll with Cheddar Cheese	Philly Cheese Steak Caramelized Onion on Club Roll	Omelet Bar Or Grilled Cheese & Fries
Waldorf Chicken Salad Wrap Red Grapes, Apple, Celery & Walnuts	Asian Chicken Salad: Teriyaki Chicken Orange Slices Green Onion Plum Dressing	Waldorf Chicken Salad Wrap Red Grapes, Apple, Celery & Walnuts	Asian Chicken Salad: Teriyaki Chicken Orange Slices Green Onion Plum Dressing	Waldorf Chicken Salad Wrap Red Grapes, Apple, Celery & Walnuts
Ramen Noodle Bar: Egg Noodles or Rice Noodles	SAUCE: Spicy Siracha, Teriyaki, House Soy, Sweet (Tiger) Sauce	Protein: Chicken, Tofu, Edamame	Veggies: Broccoli, Carrots, Peas, Onions, Baby Corn	Made Fresh To Order!
Cheese, Pepperoni BBQ Chicken	Cheese, Pepperoni BBQ Chicken	Cheese, Pepperoni BBQ Chicken	Cheese, Pepperoni BBQ Chicken	Cheese, Pepperoni BBQ Chicken

Menus are subject to change.

Make-Your-Own Salad Bar

Daily Grill Items –
Hamburger, Cheeseburger,
Chicken Patty Sandwich

We Offer Vegetarian Burger
Options & Gluten Free

*Please Ask If Interested

Daily Pizza
Cheese Or Pepperoni

Daily Made-to-Order Deli

Boar's Head Turkey,
Ham, Buffalo Chicken
Salami, Provolone, Swiss,
American Cheese,
Tuna, Lettuce, Tomato,
Pickle, Red Onion,
Jalapeno & Banana
Peppers



This institution is an equal
opportunity providers





October 2023

RIDGEFIELD HIGH SCHOOL LUNCH MENU

Oct 9th-Oct 13th

Powering
potential.

Center Plate

Grill

Grab & Go Weekly
Special Deli/Salad

Weekly: Action
Station

PIZZA

	MON	TUES	WED	THURS	FRI
Center Plate	Closed	Beef Burrito Tuesday: Yellow Rice Black Beans Lettuce, Salsa, Sour Cream	Sweet & Sour Glazed Tempura Chicken with Asian Noodles, Seasoned Peas & Carrots	French Toast Sticks Sausage Patty & Home Fries	Roasted Pork Loin, Spaghetti Squash & Maple Roasted Sweet Potato
Grill	Closed	Beef Gyro Lettuce Tomato Red Onion & Tzatziki Sauce	Teriyaki Grilled Chicken On Brioche, Provolone & Crispy Onions	Open Faced Taco Burger: Ground Beef, Cheddar, Lettuce, Salsa on Texas Toast	Omelet Bar Or Grilled Cheese & Fries
Grab & Go Weekly Special Deli/Salad	Closed	Italian Combo on Club Roll: Ham, Salami, Pepperoni, Provolone, Roasted Red Peppers, Lettuce & Tomato	Greek Salad With Olives, Fetta Cheese, Cucumber, Garbanzo Beans & Tomato	Italian Combo on Club Roll: Ham, Salami, Pepperoni, Provolone, Roasted Red Peppers, Lettuce & Tomato	Greek Salad With Olives, Fetta Cheese, Cucumber, Garbanzo Beans & Tomato
Weekly: Action Station	Closed	*Loaded Potato Bar* Featuring: Baked Potatoes	Bacon, BBQ Diced Chicken Cheddar Cheese	Chili , Broccoli, Roasted Corn	Sour Cream & Butter
PIZZA	Closed	Cheese, Pepperoni Sausage	Cheese, Pepperoni Sausage	Cheese, Pepperoni Sausage	Cheese, Pepperoni Sausage

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Make-Your-Own Salad Bar

Daily Grill Items –
Hamburger, Cheeseburger,
Chicken Patty Sandwich

We Offer Vegetarian Burger
Options & Gluten Free

*Please Ask If Interested

Daily Pizza
Cheese Or Pepperoni

Daily Made-to-Order Deli

Boar's Head Turkey,
Ham, Buffalo Chicken
Salami, Provolone, Swiss,
American Cheese,
Tuna, Lettuce, Tomato,
Pickle, Red Onion,
Jalapeno & Banana
Peppers

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October 2023

RIDGEFIELD HIGH SCHOOL LUNCH MENU

Oct 16th - Oct 20th

Powering
potential.

Center Plate

Grill

Grab & Go Weekly
Special Deli/Salad

Weekly: Action
Station

PIZZA

MON	TUES	WED	THURS	FRI
Bacon Wrapped Meatloaf With Buttered Corn, Mashed Potatoes & Cornbread	Chicken Fajita with Sautéed Peppers & Onions, Beans & Rice, Lettuce, Tomato, Salsa, Sour Cream	Tempura Chicken, Teriyaki Sauce, Brown Rice, Asian Mixed Vegetables	½ Day Breakfast Only	Ravioli With Meat Sauce, Broccoli With Garlick Butter & Garlic Bread
Chicken & Cheese Quesadilla	Buffalo Chicken Grilled Cheese With Caramelized Celery & Onion	Breaded Chicken Parm Club	½ Day Breakfast Only	Omelet Bar Or Grilled Cheese & Fries
Chicken Caesar Wrap: Romaine Lettuce, Croutons, Caesar Dressing, Grilled Chicken & Parmesan Cheese	Buffalo Chicken Salad: Buffalo Chicken, Chopped Celery, Blue Cheese, Tomatoes Over Romaine Lettuce	Chicken Caesar Wrap: Romaine Lettuce, Croutons, Caesar Dressing, Grilled Chicken & Parmesan Cheese	½ Day Breakfast Only	Buffalo Chicken Salad: Buffalo Chicken, Chopped Celery, Blue Cheese, Tomatoes Over Romaine Lettuce
Carving Station Fresh From The Rotisserie	Monday: Fresh Turkey Tuesday: Glazed Ham Wednesday :BBQ Chicken Friday: Pork Loin	Sides: Roasted Potato Buttered Peas Dinner Roll	½ Day Breakfast Only	Sides: Roasted Potato Buttered Peas Dinner Roll
Cheese, Pepperoni Pesto Chicken	Cheese, Pepperoni Pesto Chicken	Cheese, Pepperoni Pesto Chicken	½ Day Breakfast Only	Cheese, Pepperoni Pesto Chicken

Menus are subject to change.

Make-Your-Own Salad Bar

Daily Grill Items –
Hamburger, Cheeseburger,
Chicken Patty Sandwich

We Offer Vegetarian Burger
Options & Gluten Free

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Daily Pizza

Cheese Or Pepperoni

Daily Made-to-Order Deli

Boar's Head Turkey,
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Salami, Provolone, Swiss,
American Cheese,
Tuna, Lettuce, Tomato,
Pickle, Red Onion,
Jalapeno & Banana
Peppers



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October 2023

RIDGEFIELD HIGH SCHOOL LUNCH MENU

Oct 23rd - Oct 27th

Powering
potential.

Center Plate

Grill

Grab & Go Weekly
Special Deli/Salad

Weekly: Action
Station

PIZZA

MON	TUES	WED	THURS	FRI
Crispy Chicken Fingers Waffle Fries Broccoli With Garlic	Mac-n-Cheese Seasoned Broccoli & a Garlic Bread Stick	Chicken & Broccoli Stir Fry, Asian Rice & Fortune Cookie	Belgian Waffles Sausage Patty & A Hash Brown	Baked Chicken with roasted red potatoes & Seasoned Broccoli
Chicken & Cheese Quesadilla	Pulled Pork Grilled Cheese with Waffle Fries	Pesto Grilled Chicken on Brioche with Melted Swiss	Jalapeno Balsamic Bacon Jam Cheeseburger Bar	Omelet Bar Or Grilled Cheese & Fries
Asian Chicken Wrap: Teriyaki Chicken, Mandarin Orange, Plum Sauce, Shaved Carrots, Red Cabbage & Romaine Lettuce	Chicken Fajita Salad: Grilled Chicken Strips, Cooked Pepper & Onions, Corn, Black Beans, Tortilla Chips, Over Romaine	Asian Chicken Wrap: Teriyaki Chicken, Mandarin Orange, Plum Sauce, Shaved Carrots, Red Cabbage & Romaine Lettuce	Chicken Fajita Salad: Grilled Chicken Strips, Cooked Pepper & Onions, Corn, Black Beans, Tortilla Chips, Over Romaine	Asian Chicken Wrap: Teriyaki Chicken, Mandarin Orange, Plum Sauce, Shaved Carrots, Red Cabbage & Romaine Lettuce
Ramen Noodle Bar: Egg Noodles or Rice Noodles	SAUCE: Spicy Siracha, Teriyaki, House Soy, Sweet (Tiger) Sauce	Protein: Chicken, Tofu, Edamame	Veggies: Broccoli, Carrots, Peas, Onions, Baby Corn	Made Fresh To Order!
Cheese, Pepperoni Alfredo Chicken	Cheese, Pepperoni Alfredo Chicken	Cheese, Pepperoni Alfredo Chicken	Cheese, Pepperoni Alfredo Chicken	Cheese, Pepperoni Alfredo Chicken

Menus are subject to change.

Make-Your-Own Salad Bar

Daily Grill Items –
Hamburger, Cheeseburger,
Chicken Patty Sandwich

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Options & Gluten Free

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Daily Pizza
Cheese Or Pepperoni

Daily Made-to-Order Deli

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Oct/Nov 2023

RIDGEFIELD HIGH SCHOOL LUNCH MENU

Oct 30th - Nov 2nd

Powering
potential.

Center Plate

Grill

Grab & Go Weekly
Special Deli/Salad

Weekly: Action
Station

PIZZA

MON	TUES	WED	THURS	FRI
Rigatoni With Meatballs & seasoned vegetables Offered with pink or red sauce	Nacho Bar: Mexican Beef, Cheddar Cheese, Corn Tortilla Chips Black Beans, Rice, Lettuce, Tomato, Salsa, Sour Cream	Pork Dumplings, Teriyaki Sauce, Brown Rice, Asian Mixed Vegetables	½ Day Breakfast Only	Ravioli With Meat Sauce, Broccoli With Garlick Butter & Garlic Bread
Chicken & Cheese Quesadilla	Double Hot Dogs With Sauerkraut & Waffle Fries	Herb Grilled Chicken on Brioche with Chipotle Mayo & Cheddar Cheese	Turkey Reuben Sauerkraut, Melted Swiss, 1,000 Isl Dressing on Rye	Omelet Bar Or Grilled Cheese & Fries
BBQ Chicken Salad With Black Beans, Cheddar Cheese, Roasted Corn, Red Onion & Tortilla Strips	Egg Salad, Bacon, & Pickle On a Ciabatta Roll	BBQ Chicken Salad With Black Beans, Cheddar Cheese, Roasted Corn, Red Onion & Tortilla Strips	Egg Salad, Bacon, & Pickle On a Ciabatta Roll	BBQ Chicken Salad With Black Beans, Cheddar Cheese, Roasted Corn, Red Onion & Tortilla Strips
Pasta Bar: Penne Pasta Rigatoni	Fresh Marinara Sauce Alfredo Sauce Meat Sauce	Meatballs Grilled Chicken Pepperoni	Broccoli Peas Broccoli Rabe	Made Fresh To Order!
Cheese, Pepperoni Sausage	Cheese, Pepperoni Sausage	Cheese, Pepperoni Sausage	Cheese, Pepperoni Sausage	Cheese, Pepperoni Sausage

Menus are subject to change.

Make-Your-Own Salad Bar

Daily Grill Items –
Hamburger, Cheeseburger,
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