



Sept-Oct 2024

RIDGEFIELD HIGH SCHOOL  
LUNCH MENU

Sep 30<sup>th</sup> – Oct 4<sup>th</sup>

Powering potential.

	MON	TUES	WED	THURS	FRI
Center Plate	Kielbasa & Sauerkraut Parsley Potatoes & Broccoli	Cheesy Chorizo Enchilada Bake	BBQ Pulled Pork Corn on the Cob Coleslaw Cornbread		Chicken Parmesan Rotini Pasta & Broccoli Rabe
Grill	Chicken & Cheese Quesadilla	Philly Cheese Steak With Grilled Peppers & Onions	Beef Gyro	<b>SCHOOL CLOSED</b>	Grilled Cheese w/ Chicken Noodle
Deli Special	Chicken BLT Sub	Chicken BLT Sub	Chicken BLT Sub		Chicken BLT Sub
Test Kitchen	Udon Noodle	Udon Noodle	Udon Noodle	<b>ROSH HASHANAH</b>	Omelet Bar
Pizza	Pizza Bagel	Pizza Bagel	Pizza Bagel		Pizza Bagel

Menus are subject to change.

Available Everyday:

**GRILL:** Hamburger, Cheeseburger, Veggie Burger

**PIZZA:** Cheese & Pepperoni

**DELI:** Made to Order Turkey, Ham, Chicken, Roast Beef & Salami

**FULL SALAD BAR**

**WITH A SELECTION OF PRE-MADE SPECIALTY SALADS**



All Breads are delivered fresh  
everyday  
~

Chicken is whole muscle  
~

Milk is hormone & antibiotic  
free  
~

All deli meats are Boar's Head



This institution is an equal  
opportunity providers



# October 2024

## RIDGEFIELD HIGH SCHOOL LUNCH MENU

Oct 7<sup>th</sup> – Oct 11<sup>th</sup>

Powering  
potential.

Center Plate

Grill

Deli Special

Test Kitchen

Pizza

	MON	TUES	WED	THURS	FRI
Center Plate	Baked Ziti Garlic Breadstick & Roasted Broccoli	Thai Curry Chicken with Rice Noodles & Bok Choy	Meatloaf Mashed Potatoes with Gravy & Green Beans	Beef Stir Fry over Rice with Ginger Snow Peas & Baby Corn	½ Day
Grill	Chicken & Cheese Quesadilla	Philly Cheesesteak	Mediterranean Chicken Gyro	Grilled Turkey Reuben	Breakfast Only
Deli Special	American Combo Club	American Combo Club	American Combo Club	American Combo Club	½ Day
Test Kitchen	Pasta Bar	Pasta Bar	Pasta Bar	Pasta Bar	Breakfast Only
Pizza	Philly Cheese steak Pizza	Philly Cheese steak Pizza	Philly Cheese steak Pizza	Philly Cheese steak Pizza	½ Day

**Menus are subject to change.**

Available Everyday:

**GRILL:** Hamburger, Cheeseburger, Veggie Burger

**PIZZA:** Cheese & Pepperoni

**DELI:** Made to Order Turkey, Ham, Chicken, Roast Beef & Salami

**FULL SALAD BAR**

**WITH A SELECTION OF PRE-MADE SPECIALTY SALADS**

All Breads are delivered fresh  
everyday  
~

Chicken is whole muscle  
~

Milk is hormone & antibiotic  
free  
~

All deli meats are Boar's Head



This institution is an equal  
opportunity providers





October 2024

RIDGEFIELD HIGH SCHOOL  
LUNCH MENU

Oct 14<sup>th</sup> – Oct 18<sup>nd</sup>

Powering potential.

	MON	TUES	WED	THURS	FRI
Center Plate	Closed	Loaded Beef Burritos, Plantains, Black Beans & Rice	Shepard's Pie Seasoned ground beef with peas & carrots, topped with mashed potato	Cajun Chicken, Roasted Potatoes & Roasted Peppers & Onions	Cheese Ravioli Sauteed Mixed Veggies Garlic Bread
Grill	Closed	Blackened Chicken With Cole Slaw & Swiss On Brioche Bun	Mushroom Swiss Burger on A Pretzel Bun	BBQ Pulled Pork With Pepper jack Cheese	Grilled Cheese w/ Chicken Noodle
Deli Special	Closed	Vegetarian White Bean, Fetta, Cucumber Tzatziki Wrap	Vegetarian White Bean, Fetta, Cucumber Tzatziki Wrap	Vegetarian White Bean, Fetta, Cucumber Tzatziki Wrap	Vegetarian White Bean, Fetta, Cucumber Tzatziki Wrap
Test Kitchen	Closed	Boneless Wing Bar With Curly Fries	Boneless Wing Bar With Curly Fries	Boneless Wing Bar With Curly Fries	Omelet Bar
Pizza	Closed	Roasted Tomato & Meatball Flatbread	Roasted Tomato & Meatball Flatbread	Roasted Tomato & Meatball Flatbread	Roasted Tomato & Meatball Flatbread

Menus are subject to change.



Available Everyday:

**GRILL:** Hamburger, Cheeseburger, Veggie Burger

**PIZZA:** Cheese & Pepperoni

**DELI:** Made to Order Turkey, Ham, Chicken, Roast Beef & Salami

**FULL SALAD BAR**

**WITH A SELECTION OF PRE-MADE SPECIALTY SALADS**

All Breads are delivered fresh everyday  
~

Chicken is whole muscle  
~

Milk is hormone & antibiotic free  
~

All deli meats are Boar's Head



This institution is an equal opportunity providers



Curry Chicken  
Mashed Potatoes &  
Roasted Carrots

Grilled BBQ Chicken  
Corn Bread  
Sautéed Green Beans

# October 2024

## RIDGEFIELD HIGH SCHOOL LUNCH MENU

Oct 21<sup>st</sup> – Oct 25<sup>th</sup>

Powering  
potential.

Center Plate

Grill

Deli Special

Test Kitchen

Pizza

	MON	TUES	WED	THURS	FRI
Center Plate	Buffalo Chicken Mac & Cheese Steamed Broccoli	Crispy Beef Taco Fiesta Rice Seasoned Corn	Chicken Tikki Masala Bowl	Gen Tso Chicken & Vegetable Fried Rice Steamed Snow Peas	Spaghetti & Meatballs Sautéed Mixed Veggies Garlic Bread
Grill	Chicken & Cheese Quesadilla	BBQ Chicken With Pepper jack Cheese On Pretzel Roll	Cheesy Chipotle Chicken Panini	NYC Chopped Cheese w/ Sautéed Onions	Grilled Cheese & Tomato Basil Soup
Deli Special	Tuna Salad On Multi Grain Bread	Tuna Salad On Multi Grain Bread	Tuna Salad On Multi Grain Bread	Tuna Salad On Multi Grain Bread	Tuna Salad On Multi Grain Bread
Test Kitchen	Twice Baked Potato Bar	Twice Baked Potato Bar	Twice Baked Potato Bar	Twice Baked Potato Bar	Omelet Bar
Pizza	Chicken & Scallion With Bacon Pizza	Chicken & Scallion With Bacon Pizza	Chicken & Scallion With Bacon Pizza	Chicken & Scallion With Bacon Pizza	Chicken & Scallion With Bacon Pizza

**Menus are subject to change.**

Available Everyday:

**GRILL:** Hamburger, Cheeseburger, Veggie Burger

**PIZZA:** Cheese & Pepperoni

**DELI:** Made to Order Turkey, Ham, Chicken, Roast Beef & Salami

**FULL SALAD BAR**

**WITH A SELECTION OF PRE-MADE SPECIALTY SALADS**

All Breads are delivered fresh  
everyday  
~

Chicken is whole muscle  
~

Milk is hormone & antibiotic  
free  
~

All deli meats are Boar's Head



This institution is an equal  
opportunity providers





October 2024

RIDGEFIELD HIGH SCHOOL  
LUNCH MENU

Oct 28<sup>th</sup> – Nov 1<sup>st</sup>

Powering potential.

Center Plate

Grill

Deli Special

Test Kitchen

Pizza

	MON	TUES	WED	THURS	FRI
Center Plate	Pasta with Marinara or Meatsauce Breadstick Roasted Cauliflower	Chicken Nachos Black Beans & Corn Mexi Rice	Potato & Cheese Perogies Sautéed Onions & Bacon Sour Cream	Chicken Dumplings Veggie Lo Mein Steamed Broccoli	Cheese Lasagna Garlic Bread Green Beans
Grill	Chicken & Cheese Quesadilla	BBQ Chicken With Pepper jack Cheese On Pretzel Roll	Cheesy Chipotle Chicken Panini	NYC Chopped Cheese w/ Sautéed Onions	Grilled Cheese & Tomato Basil Soup
Deli Special	Tuna Salad On Multi Grain Bread	Tuna Salad On Multi Grain Bread	Tuna Salad On Multi Grain Bread	Tuna Salad On Multi Grain Bread	Tuna Salad On Multi Grain Bread
Test Kitchen	Meatball Mania	Meatball Mania	Meatball Mania	Meatball Mania	Omelet Bar
Pizza	Chicken & Scallion With Bacon Pizza	Chicken & Scallion With Bacon Pizza	Chicken & Scallion With Bacon Pizza	Chicken & Scallion With Bacon Pizza	Chicken & Scallion With Bacon Pizza

Menus are subject to change.

Available Everyday:

**GRILL:** Hamburger, Cheeseburger, Veggie Burger

**PIZZA:** Cheese & Pepperoni

**DELI:** Made to Order Turkey, Ham, Chicken, Roast Beef & Salami

**FULL SALAD BAR**

**WITH A SELECTION OF PRE-MADE SPECIALTY SALADS**

All Breads are delivered fresh everyday  
~

Chicken is whole muscle  
~

Milk is hormone & antibiotic free  
~

All deli meats are Boar's Head



This institution is an equal opportunity providers

