



Aug/Sept 2023

RIDGEFIELD HIGH SCHOOL LUNCH MENU

Aug 28th-Sept 1st

Powering
potential.

Center Plate

Grill

Grab & Go Weekly
Special Deli/Salad

Weekly: Action
Station

PIZZA

MON	TUES	WED	THURS	FRI
Breaded Chicken Mashed Potato & Buttered Corn	Tri Colored Tortellini Marinara or Alfredo Meatballs & Roasted Kale	Tempura Orange Chicken Pineapple Rice & Asian Seasoned Peas & Carrots	“Texas” French Toast Sausage Patty & Home Fries	Double Beef Taco Spanish Rice Lettuce, Tomato, Cheddar, Sour Cream & Guacamole
Chicken & Cheese Quesadilla	Grilled Cheese & Curley Fries	Beef Gyro Lettuce Tomato Red Onion & Tzatziki Sauce	Philly Cheese Steak Caramelized Onion on Club Roll	Omelet Bar Ham, Bacon, Sausage, Cheddar, Swiss, Tomato, Onion, Spinach, Broccoli, Crispy Potato
Waldorf Chicken Salad Red Grapes, Apple, Celery & Walnuts	Asian Chicken Salad: Teriyaki Chicken Orange Slices Green Onion Plum Dressing	Waldorf Chicken Salad: Red Grapes, Apple, Celery & Walnuts	Asian Chicken Salad: Teriyaki Chicken Orange Slices Green Onion Plum Dressing	Waldorf Chicken Salad: Red Grapes, Apple, Celery & Walnuts
Ramen Noodle Bar: Yakisoba 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 Pineapple & Ham	Cheese, Pepperoni Pineapple & Ham	Cheese, Pepperoni Pineapple & Ham	Cheese, Pepperoni Pineapple & Ham	Cheese, Pepperoni Pineapple & Ham

Menus are subject to change.

Offered Daily:

Rotisserie Chicken

Make-Your-Own Salad Bar

Daily Grill Items –
Hamburger, Cheeseburger,
Chicken Patty Sandwich
Veggie Burger (upon request)

Daily Pizza
Cheese Or Pepperoni

Daily Made-to-Order Deli

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

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STUDENT
NUTRITION

This institution is an equal
opportunity providers





Sept 2023

RIDGEFIELD HIGH SCHOOL LUNCH MENU

Sept 4th-Sept 8th

Powering
potential.

Center Plate

Grill

Grab & Go Weekly
Special Deli/Salad

Weekly: Action
Station

PIZZA

	MON	TUES	WED	THURS	FRI
	Labor Day	Seafood Mac-n-Cheese or Plain Mac-n-Cheese Seasoned Broccoli & a Garlic Bread Stick	Beef & Broccoli Stir Fry, Asian Rice & Fortune Cookie	Belgian Waffles Sausage Patty & A Hash Brown	Apple Walnut Stuffed Pork Loin, Roasted Rosemary Potatoes & Buttered Corn
	Labor Day	Turkey, Tomato Bacon Melt With Swiss Cheese & Chipotle Aioli	Pastrami Reuben on Rye With Melted Swiss, Cole Slaw & 1,000Is! Dressing	Sausage & Peppers Club With Or Without Fresh Marinara Sauce	Omelet Bar Ham, Bacon, Sausage, Cheddar, Swiss, Tomato, Onion, Spinach, Broccoli, Crispy Potato
	Labor Day	Egg Salad, Bacon ,& Pickle On a Ciabatta Roll	Cobb Salad: Hard Boiled Egg, Bacon, Tomato, Blue Cheese	Egg Salad, Bacon ,& Pickle On a Ciabatta Roll	Cobb Salad: Hard Boiled Egg, Bacon, Tomato, Blue Cheese
	Labor Day	*Loaded Potato Bar* Featuring: Twice Baked Potatoes	Bacon Diced BBQ Chicken Cheddar Cheese	Scallions, Broccoli, Roasted Corn	Sour Cream, Scallions
	Labor Day	Cheese, Pepperoni Buffalo Chicken	Cheese, Pepperoni Buffalo Chicken	Cheese, Pepperoni Buffalo Chicken	Cheese, Pepperoni Buffalo Chicken

Menus are subject to change.

Offered Daily:

Rotisserie Chicken

Make-Your-Own Salad Bar

Daily Grill Items –
Hamburger, Cheeseburger,
Chicken Patty Sandwich
Veggie Burger (upon request)

Daily Pizza
Cheese Or Pepperoni

Daily Made-to-Order Deli

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



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Sept 2023

RIDGEFIELD HIGH SCHOOL LUNCH MENU

Sept 11th-Sept 15th

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	*Arroz Con Pollo* Braised Chicken Spanish Seasoned Rice With Black Beans & Corn	Chicken or Vegetable Dumplings With Noodles & Sautéed Cabbage with Julianne carrots	*Texas* French Toast Sausage Links & Home Fries	BBQ Pulled Pork Jalapeno Corn Bread or Plain Cornbread & Braised Kale
Chicken & Cheese Quesadilla	Pesto Chicken, Melted Provolone Cheese & Tomato on Brioche	Hot Turkey Chipotle Ranch Bacon & Tomato On Kaiser Roll	*Medio Noche* Braised Pork, Sliced Ham, Melted Swiss & Dijon Aioli	Omelet Bar Ham, Bacon, Sausage, Cheddar, Swiss, Tomato, Onion, Spinach, Broccoli, Crispy Potato
Seafood Salad With Old Bay Seasoning on Ciabatta Bread	*Chef Salad* Diced Turkey, Diced Ham, Provolone Cheese, Hard Boiled Egg & Tomato	Seafood Salad With Old Bay Seasoning on Ciabatta Bread	*Chef Salad* Diced Turkey, Diced Ham, Provolone Cheese, Hard Boiled Egg & Tomato	Seafood Salad With Old Bay Seasoning on Ciabatta Bread
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 BBQ, Bacon Ranch Cheddar	Cheese, Pepperoni BBQ, Bacon Ranch Cheddar	Cheese, Pepperoni BBQ, Bacon Ranch Cheddar	Cheese, Pepperoni BBQ, Bacon Ranch Cheddar	Cheese, Pepperoni BBQ, Bacon Ranch Cheddar

Menus are subject to change.

Offered Daily:

Rotisserie Chicken

Make-Your-Own Salad Bar

Daily Grill Items –
Hamburger, Cheeseburger,
Chicken Patty Sandwich
Veggie Burger (upon request)

Daily Pizza

Cheese Or Pepperoni

Daily Made-to-Order Deli

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

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Sept 2023

RIDGEFIELD HIGH SCHOOL LUNCH MENU

Sept 18th-Sept 22nd

Powering
potential.

Center Plate

Grill

Grab & Go Weekly
Special Deli/Salad

Weekly: Action
Station

PIZZA

MON	TUES	WED	THURS	FRI
Boneless Chicken Wing Bar: Buttered Corn & curly Fries Sauce: BBQ, Buffalo, Teriyaki, Honey Mustard	Cod Fish –n- Chips With Green Peas In Garlic Butter	Sweet & Sour Chicken Pork Fried Rice & Baby Corn	Belgian Waffles Sausage Links & Hash Browns	Bacon BBQ Meatloaf With Mashed Potato & Roasted Kale
Chicken & Cheese Quesadilla	Bacon Burger Deluxe Tomato, Lettuce, Red Onion, American, Cheddar, Or Swiss Cheese	*Monte Cristco* Ham, Swiss, Egg Batter & Dijon Aioli	Double Hot Dogs With Sauerkraut & Waffle Fries	Omelet Bar Ham, Bacon, Sausage, Cheddar, Swiss, Tomato, Onion, Spinach, Broccoli, Crispy Potato
Indian Curry Chicken Salad on Multigrain Bread: Raisins, Shredded Carrot, Curry Mayo, Grilled Chicken	*Greek Salad* Garbanzo Beans, Tomato, Fetta, Kalamata Olives, Cucumber, Red Onion	Indian Curry Chicken Salad on Multigrain Bread: Raisins, Shredded Carrot, Curry Mayo, Grilled Chicken	*Greek Salad* Garbanzo Beans, Tomato, Fetta, Kalamata Olives, Cucumber, Red Onion	Indian Curry Chicken Salad on Multigrain Bread: Raisins, Shredded Carrot, Curry Mayo, Grilled Chicken
Mac –n- Cheese Bar	Cheddar Cheese Sauce	Toppings: Broccoli, Grilled Chicken, Bacon, Peas, Meatballs,	Made Fresh To Order	Made Fresh To Order!
Cheese, Pepperoni *Meat Lovers* Sausage, Meatball, Pepperoni, Bacon	Cheese, Pepperoni *Meat Lovers* Sausage, Meatball, Pepperoni, Bacon	Cheese, Pepperoni *Meat Lovers* Sausage, Meatball, Pepperoni, Bacon	Cheese, Pepperoni *Meat Lovers* Sausage, Meatball, Pepperoni, Bacon	Cheese, Pepperoni *Meat Lovers* Sausage, Meatball, Pepperoni, Bacon

Menus are subject to change.

Offered Daily:

Rotisserie Chicken

Make-Your-Own Salad Bar

Daily Grill Items –
Hamburger, Cheeseburger,
Chicken Patty Sandwich
Veggie Burger (upon request)

Daily Pizza
Cheese Or Pepperoni

Daily Made-to-Order Deli

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

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Sept 2023

RIDGEFIELD HIGH SCHOOL LUNCH MENU

Sept 25th-Sept 29th

Powering
potential.

Center Plate

Grill

Grab & Go Weekly
Special Deli/Salad

Weekly: Action
Station

PIZZA

	MON	TUES	WED	THURS	FRI
YOM KIPPUR	YOM KIPPUR	Grilled Chicken Paella With Seasoned Street Corn On The Cobb	Asian Teriyaki Lime Marinated Salmon Lemongrass Rice & Sautéed Napa Cabbage	*Texas* French Toast Sausage Links & Home Fries	Spaghetti & Meatballs With Fresh Marinara Sauce Sautéed Broccoli Rabe & Garlic Bread
YOM KIPPUR	YOM KIPPUR	Reuben :Corned Beef Sauerkraut, Melted Swiss & 1,000 Isl Dressing on Rye Bread	Turkey Burger With Dried Cranberries Fetta Lettuce & Tomato	Hot Italian: Peperoni, Salami, Provolone Cheese, & Ham With Roasted Res Peppers And Pesto Sauce	Omelet Bar Ham, Bacon, Sausage, Cheddar, Swiss, Tomato, Onion, Spinach, Broccoli, Crispy Potato
YOM KIPPUR	YOM KIPPUR	BBQ Chicken Salad With Black Beans, Cheddar Cheese, Roasted Corn, Red Onion & Tortilla Strips	Cajun Roast Beef, Horseradish Mayo, Sliced Cheddar Cheese, Lettuce, Tomato, & Red Onion	BBQ Chicken Salad With Black Beans, Cheddar Cheese, Roasted Corn, Red Onion & Tortilla Strips	Cajun Roast Beef, Horseradish Mayo, Sliced Cheddar Cheese, Lettuce, Tomato, & Red Onion
YOM KIPPUR	YOM KIPPUR	Carving Station Fresh From The Rotisserie	<u>Tues:Honey Glazed Ham</u> <u>Wed:Roast Pork Loin</u> <u>Thurs:Roast Turkey Breast Fri:</u> <u>Pineapple Ham</u>	Cornbread Stuffing Roasted Potatoes	Glazed Carrots with Fresh Parsley
YOM KIPPUR	YOM KIPPUR	Cheese, Pepperoni Margarita: Fresh Mozzarella, Roma Tomatoes & Basil	Cheese, Pepperoni Margarita: Fresh Mozzarella, Roma Tomatoes & Basil	Cheese, Pepperoni Margarita: Fresh Mozzarella, Roma Tomatoes & Basil	Cheese, Pepperoni Margarita: Fresh Mozzarella, Roma Tomatoes & Basil

Menus are subject to change.

Offered Daily:

Rotisserie Chicken

Make-Your-Own Salad Bar

Daily Grill Items –
Hamburger, Cheeseburger,
Chicken Patty Sandwich
Veggie Burger (upon request)

Daily Pizza

Cheese Or Pepperoni

Daily Made-to-Order Deli

Boar's Head Turkey,
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