

Ringgold HS January 16th-20th

Signature

Grill

Pizza

Deli

Entree

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|--------|--|--|---|---|
| No School In Service Day | | Boneless Wings Spicy or Plain w/ Seasoned Fries BBQ or Buffalo Sauce | Asian Bowl General Tso's or Sweet & Sour Chicken w/ brown rice or soba noodles and vegetables | Fiestada Mexican Pizza w/ Warm Black Bean & Corn Salsa | Breaded Chicken Drumstick w/ Steamed Rice & Broccoli |
| | | House Made Burger Crispy Chicken Sandwich | House Made Burger Spicy Chicken Sandwich | House Made Burger Crispy Chicken Sandwich | House Made Burger Spicy Chicken Sandwich |
| | | Pepperoni Cheese Weekly Feature | Pepperoni Cheese Weekly Feature | Pepperoni Cheese Weekly Feature | Pepperoni Cheese Weekly Feature |
| | | Tuna Salad Chicken Salad Turkey Club Italian Combo Chef's Salad | Tuna Salad Chicken Salad Turkey Club Italian Combo Chef's Salad | Tuna Salad Chicken Salad Turkey Club Italian Combo Chef's Salad | Tuna Salad Chicken Salad Turkey Club Italian Combo Chef's Salad |
| | | Boneless Wings Spicy or Plain w/ Seasoned Fries BBQ or Buffalo Sauce | Asian Bowl General Tso's or Sweet & Sour Chicken w/ brown rice or soba noodles and vegetables | Nachos/ Tacos w/ Warm Black Bean & Corn Salsa | All American Bar BBQ Pulled Pork Sandwich Mini Corn Dogs Baked Beans |

Breakfast is FREE for all students!

WHAT MAKES A MEAL?

A student must take **3 of the 5** offerings
1 selection must be at least a ½ cup of fruit or vegetable

Lunch Prices

Adult \$3.40 Full \$2.20 Reduced \$0.40

Fresh Garden Bar Offered Daily:

A variety of fresh fruits and vegetables

Weekly Vegetable Subgroups May Include:

Dark green (spinach, broccoli, romaine, spring salad)
red/orange (carrots, sweet potatoes, tomatoes, red
peppers, beans/peas (Legumes) and starchy (white
potatoes, corn, peas, lima beans)

WEEKLY BREAKFAST MENU

| M | T | W | TH | FR |
|---------------------|--|---|---------------------------------|------------------|
| French Toast | Sausage & Cheddar Bagel | Turkey & Gravy Over Biscuits | Egg and Cheese Bagel | Hot Cakes |

Grab & Go Breakfast Offerings will include a variety of muffins, pastries, bagels, and cereal bars
Please discuss any food allergy issues with Resident Director Ryan Racicot
This institution is an equal opportunity provider and employer

