

Ringgold Middle School

January 16th – 20th



	Monday	Tuesday	Wednesday	Thursday	Friday
Signature	No School In Service Day	Crispy Chicken Tenders w/ Dipping Sauce & Roll Seasoned Fries	RAM Bowl Popcorn Chicken, Mashed Potatoes, Corn & Gravy w/ Roll	Buffalo Chicken Twister Baked Beans	Grilled Cheese on Texas Toast w/ Tomato Soup
Grill		Crispy Chicken Sandwich Cheeseburger	Spicy Chicken Sandwich Cheeseburger	Crispy Chicken Sandwich Cheeseburger	Spicy Chicken Sandwich Cheeseburger
Feature		Double Stack Tacos Seasoned Fried	Pepperoni -OR- Cheese Pizza	Nachos w/ Beef & Cheese Baked Beans	Pepperoni -OR- Cheese Pizza
Deli		Fresh Garden Bar w/ Variety of Fruits and Veggies	Fresh Garden Bar w/ Variety of Fruits and Veggies	Fresh Garden Bar w/ Variety of Fruits and Veggies	Fresh Garden Bar w/ Variety of Fruits and Veggies
Breakfast		Bagel Sandwich w/ Egg & Cheese	Waffle Sticks & Sausage	Pancakes w/ Syrup	Bagel w/ Sausage & Cheese

Breakfast Free to ALL Students
In addition to hot entrée a selection of cereals, bagels and cereal bars will be available

**Fresh Garden Bar
Offered Daily
With a Variety of Fresh Produce and Fruits**

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

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) and other (celery, cabbage, green beans)

WHAT MAKES A MEAL?

You must choose at least 3 of 5 components available for the school lunch price. Meat or meat alternate, choice of vegetable, choice of fruit, grain/bread and choice of milk. (1% White Fat Free, Chocolate, Fat Free White) A minimum of ½ cup serving of fruit or a minimum of a ½ cup vegetable MUST accompany a reimbursable lunch.

Please discuss any food allergy issues concerning your child with Resident Director Ryan Racicot 724.258.2293
This institution is an equal opportunity provider and employer

