

# Ringgold HS January 9<sup>th</sup>-13<sup>th</sup>

**Signature**

**Grill**

**Pizza**

**Deli**

**Entree**

|                  | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
|------------------|--|---|---|---|---|
| <b>Signature</b> | <b>Italian Pasta Bar w/Garlic Bread</b><br>-Marinara -<br>-Meat Sauce-<br>-Chicken Alfredo-<br>-Meatballs-<br>-Broccoli- | <b>Buffalo Chicken Twisters</b><br><br>w/ Seasoned Fries & Glazed Carrots   | <b>Asian Bowl</b><br>General Tso's or Sweet & Sour Chicken w/ brown rice or soba noodles and vegetables | <b>Pork Carnitas Enchiladas</b><br><br>w/ Seasoned Corn                     | <b>Grilled Hot Dogs</b><br>w/ Chili & Cheese<br><br>BBQ Baked Beans                       |
| <b>Grill</b>     | House Made Burger<br><br>Spicy Chicken Sandwich  | House Made Burger<br><br>Crispy Chicken Sandwich                            | House Made Burger<br><br>Spicy Chicken Sandwich   | House Made Burger<br><br>Crispy Chicken Sandwich                            | House Made Burger<br><br>Spicy Chicken Sandwich   |
| <b>Pizza</b>     | Pepperoni Cheese Weekly Feature  | Pepperoni Cheese Weekly Feature   | Pepperoni Cheese Weekly Feature   | Pepperoni Cheese Weekly Feature   | Pepperoni Cheese Weekly Feature   |
| <b>Deli</b>      | Tuna Salad<br>Chicken Salad<br>Turkey Club<br>Italian Combo<br>Chef's Salad  | Tuna Salad<br>Chicken Salad<br>Turkey Club<br>Italian Combo<br>Chef's Salad | Tuna Salad<br>Chicken Salad<br>Turkey Club<br>Italian Combo<br>Chef's Salad                             | Tuna Salad<br>Chicken Salad<br>Turkey Club<br>Italian Combo<br>Chef's Salad | Tuna Salad<br>Chicken Salad<br>Turkey Club<br>Italian Combo<br>Chef's Salad               |
| <b>Entree</b>    | <b>Italian Pasta Bar w/Garlic Bread</b><br>-Marinara -<br>-Meat Sauce-<br>-Chicken Alfredo-<br>-Meatballs-<br>-Broccoli- | <b>Buffalo Chicken Twisters</b><br><br>w/ Seasoned Fries & Glazed Carrots   | <b>Asian Bowl</b><br>General Tso's or Sweet & Sour Chicken w/ brown rice or soba noodles and vegetables | <b>Walking Tacos</b><br><br>w/ Seasoned Corn                                | <b>All American Bar</b><br>BBQ Rib Sandwich<br>Cole Slaw<br>Mini Corn Dogs<br>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               |
|---------------------|------------------------------------|---|-----------------------------|------------------|
| <b>French Toast</b> | <b>Sausage &amp; Cheddar Bagel</b> | <b>Turkey &amp; Gravy Over Biscuits</b> | <b>Egg and Cheese Bagel</b> | <b>Hot Cakes</b> |

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

