



## Sept/Oct 2025

### RIDGEFIELD HIGH SCHOOL **LUNCH MENU**

**Sept 29 – Oct 3** 

Power	ing
potent	ial.











MON	TUES

Cheddar & Potato Pierogi Sauteed Mixed Vegetables

> Chicken Quesadilla

Chicken Parmesan Pasta Garlic Bread

NY **Chopped Cheese** Club

### **WED**

Grilled Teriyaki Chicken & Pineapple Rice Bowl Steamed Broccoli

Beef Gyro

School Closed

Yom Kippur

**THURS** 

**FRI** 

**Buffalo Chicken** Mac & Cheese Cornbread Green Beans

Grilled Cheese

### Pita Pocket stuffed with BLT Chopped Salad

#### Walking Taco Bar

Choice of Seasoned Beef or Beans Served with lettuce, tomato, cheddar cheese, sour cream & salsa over your choice of Chips

### Margarita White Pizza

Ricotta & Mozzarella Cheese with fresh tomatoes and Basil

### Menus are subject to change.

Available Everyday:

**GRILL:** Hamburger, Cheeseburger, Chicken Patty Sandwich

PIZZA: Cheese & Pepperoni

**DELI:** Made to Order Turkey, Ham, Chicken, Roast Beef EXPRESS: Fresh Fruit Cups, Yogurt & Granola Parfaits,

Side Salads, Deli Sandwiches & Bento Boxes

CHICKEN CEASAR & GARDEN SALADS ASSORTED PRE-MADE DAILY SPECIALTY SALADS All Breads are delivered fresh everyday

Chicken is whole muscle

Chicken is grilled daily for all salads

Milk is hormone & antibiotic free



This institution is an equal opportunity providers



Spaghetti & Meatballs

Garlic Bread

Sauteed Broccoli

Chicken

Quesadilla



### October 2025

# RIDGEFIELD HIGH SCHOOL LUNCH MENU Oct 6 – Oct 10

Powering	3
potential	ĺ.











MON	TUES

Twin Beef Soft Tacos

Fiesta Rice & Beans

Beef Meatball Parmesan Grinder

### **WED**

BBQ Chicken Cornbread Steamed Broccoli

Pulled Pork Sliders With Cheddar Cheese Sweet & Sour Chicken Rice Bowl Snow Peas

**THURS** 

Early Dismissal

FRI

Grilled Cheese & Tomato Soup

Sweet Chili Chicken Lettuce Wrap

**No Lunch Served** 

#### Ramen Noodle Bar

Soba Noodles stir fried with choice of Chicken or Tofu, Vegetables with Homemade Savory & Spicy Sauces

Buffalo Chicken & Ranch Pizza

### Menus are subject to change.



**GRILL:** Hamburger, Cheeseburger, Chicken Patty Sandwich

PIZZA: Cheese & Pepperoni

<u>**DELI:**</u> Made to Order Turkey, Ham, Chicken & Roast <u>**EXPRESS:**</u> Fresh Fruit Cups, Yogurt & Granola Parfaits, Side Salads, Deli Sandwiches & Bento Boxes

CHICKEN CEASAR & GARDEN SALADS
ASSORTED PRE-MADE DAILY SPECIALTY SALADS

All Breads are delivered fresh everyday

Chicken is whole muscle Chicken is grilled daily for salads

Milk is hormone & antibiotic free

All deli meats are Boar's Head



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### October 2025

# RIDGEFIELD HIGH SCHOOL LUNCH MENU

Oct 13 – Oct 17

Powering potential.













MON

Columbus Day



School Closed

TUES

Loaded Beef Nachos Lettuce, Tomato, Cheese, Salsa & Refried Beans

> Chicken Quesadilla

**WED** 

Popcorn Chicken & Tator Tot Bowl with Seasoned Corn

> Fish Street Tacos w/ Spicy Slaw

**THURS** 

Chicken Dumplings
Fried Rice
Ginger Carrots

Beef Gyro With Lettuce Tzatziki & Tomato FRI

Pasta
Meatsauce Or Marinara
Garlic Bread
& Broccoli

Grilled Cheese & Tomato Soup

#### LTO: Sausage & Cheesy Potato Soup with Pretzel Dipper

Creamy, Cheesy, Smoked Sausage and Potato Chowder Served with a soft pretzel for dipping

#### Pasta Bar

Meat Sauce, Marinara Or Alfredo With Choice of Protein & Veggies

Pepperoni Stuffed Stromboli

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### October 2025

### RIDGEFIELD HIGH SCHOOL **LUNCH MENU**

Oct 20- Oct 24

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potent	ial.











MON	TUES
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Chicken Penne Alfredo Garlic Bread Broccoli

> Chicken Quesadilla

Chicken & Cheese Enchilada Roasted Street Com Refried Beans

Cheeseburger Sliders

### **WED**

Meatloaf Mashed Potato **Green Beans** 

Jalapeno Bacon **Burger on Pretzel** Roll

### **THURS**

Orange Chicken With Fried Rice & Broccoli

Crispy Chicken Tenders

**FRI** 

Mac & Cheese Cornbread

Grilled Cheese

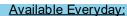
### Italian Combo Sub

#### **Baked Potato Bar**

Twice Baked Potato topped with your choice of chicken or bean chili, fresh veggies and cheese

#### BBQ Chicken & Cheddar Flatbread

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### October 2025

### RIDGEFIELD HIGH SCHOOL **LUNCH MENU**

Oct 27 – Oct 31

Powering potential.











Fideo Albondigas

Mexican seasoned

Spaghetti with Chicken

Meatballs

Chicken

Quesadilla

Twin Beef Soft Tacos Fiesta Rice & Salsa Black Beans

Philly Cheesesteak Club

### **WED**

Chicken Tikki Masala Rice Bowl w/ Broccoli

> **Buffalo Chicken** Panini

### **THURS**

General Tso Chicken Fried Rice & Steamed Snow Peas

Turkey Reuben with Swiss & Cole Slaw

### **FRI**

Baked Ziti Garlic Bread & Roasted Zucchini

Grilled Cheese With Tomato Soup

Caesar Salad Chicken Wrap

#### **Boneless Wing Bar**

BBQ Or Buffalo Sauce, Fries, Carrots & Celery Sticks With Ranch or Blue Cheese Served with Seasoned Spiral Fries

Meatlovers Stromboli



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