



Sept/Oct 2025

RIDGEFIELD HIGH SCHOOL LUNCH MENU

Sept 29 – Oct 3

Powering
potential.

CENTER PLATE

GRILL

SANDWICH

TEST KITCHEN

PIZZA

MON	TUES	WED	THURS	FRI
Cheddar & Potato Pierogi Sauteed Mixed Vegetables	Chicken Parmesan Pasta Garlic Bread	Grilled Teriyaki Chicken & Pineapple Rice Bowl Steamed Broccoli	Yom Kippur	Buffalo Chicken Mac & Cheese Cornbread Green Beans
Chicken Quesadilla	NY Chopped Cheese Club	Beef Gyro	School Closed	Grilled Cheese
Pita Pocket stuffed with BLT Chopped Salad				
<u>Walking Taco Bar</u> Choice of Seasoned Beef or Beans Served with lettuce, tomato, cheddar cheese, sour cream & salsa over your choice of Chips				
<u>Margarita White Pizza</u> 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



October 2025

RIDGEFIELD HIGH SCHOOL LUNCH MENU

Oct 6 – Oct 10

Powering
potential.

CENTER PLATE

Spaghetti & Meatballs
Garlic Bread
Sauteed Broccoli

Twin Beef Soft Tacos
Fiesta Rice & Beans

BBQ Chicken
Cornbread
Steamed Broccoli

Sweet & Sour Chicken
Rice Bowl
Snow Peas

Early Dismissal

GRILL

Chicken
Quesadilla

Beef Meatball
Parmesan Grinder

Pulled Pork Sliders
With Cheddar
Cheese

Grilled Cheese &
Tomato Soup

SANDWICH

Sweet Chili Chicken Lettuce Wrap

No Lunch Served

TEST KITCHEN

Ramen Noodle Bar

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

PIZZA

Buffalo Chicken & Ranch Pizza

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EXPRESS: Fresh Fruit Cups, Yogurt & Granola Parfaits,
Side Salads, Deli Sandwiches & Bento Boxes

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All deli meats are Boar's Head



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October 2025

RIDGEFIELD HIGH SCHOOL LUNCH MENU

Oct 13 – Oct 17

Powering
potential.

CENTER PLATE

GRILL

SANDWICH

TEST KITCHEN

PIZZA

MON	TUES	WED	THURS	FRI
Columbus Day	Loaded Beef Nachos Lettuce, Tomato, Cheese, Salsa & Refried Beans	Popcorn Chicken & Tator Tot Bowl with Seasoned Corn	Chicken Dumplings Fried Rice Ginger Carrots	Pasta Meatsauce Or Marinara Garlic Bread & Broccoli
	Chicken Quesadilla	Fish Street Tacos w/ Spicy Slaw	Beef Gyro With Lettuce Tzatziki & Tomato	Grilled Cheese & Tomato Soup
	<u>LTO: Sausage & Cheesy Potato Soup with Pretzel Dipper</u> Creamy, Cheesy, Smoked Sausage and Potato Chowder Served with a soft pretzel for dipping			
	<u>Pasta Bar</u> Meat Sauce, Marinara Or Alfredo With Choice of Protein & Veggies			
School Closed	Pepperoni Stuffed Stromboli			

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October 2025

RIDGEFIELD HIGH SCHOOL LUNCH MENU

Oct 20– Oct 24

Powering
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CENTER PLATE

GRILL

SANDWICH

TEST KITCHEN

PIZZA

MON	TUES	WED	THURS	FRI
Chicken Penne Alfredo Garlic Bread Broccoli	Chicken & Cheese Enchilada Roasted Street Corn Refried Beans	Meatloaf Mashed Potato Green Beans	Orange Chicken With Fried Rice & Broccoli	Mac & Cheese Cornbread
Chicken Quesadilla	Cheeseburger Sliders	Jalapeno Bacon Burger on Pretzel Roll	Crispy Chicken Tenders	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.

CENTER PLATE

GRILL

SANDWICH

TEST KITCHEN

PIZZA

MON	TUES	WED	THURS	FRI
Fideo Albondigas Mexican seasoned Spaghetti with Chicken Meatballs	Twin Beef Soft Tacos Fiesta Rice & Salsa Black Beans	Chicken Tikki Masala Rice Bowl w/ Broccoli	General Tso Chicken Fried Rice & Steamed Snow Peas	Baked Ziti Garlic Bread & Roasted Zucchini
Chicken Quesadilla	Philly Cheesesteak Club	Buffalo Chicken Panini	Turkey Reuben with Swiss & Cole Slaw	Grilled Cheese With Tomato Soup
Caesar Salad Chicken Wrap				
<u>Boneless Wing Bar</u> BBQ Or Buffalo Sauce, Fries, Carrots & Celery Sticks With Ranch or Blue Cheese Served with Seasoned Spiral Fries				
Meatlovers Stromboli				

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