

# LUNCH PAD



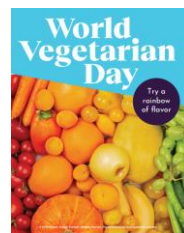
Powering  
potential.


Cups and drinking water are available in every cafeteria

October 2025

## MIDDLE SCHOOL LUNCH MENU

September 29 – October 3



MON	TUES	WED	THURS	FRI
Spaghetti & Meatballs Garlic Breadstick Broccoli	Twin Beef Soft Tacos Seasoned Black Beans	Macaroni & Cheese Cornbread Carrots	<b>SCHOOL CLOSED</b>	Sweet & Sour Chicken & Rice Bowl Snow Peas
Grilled Cheese	Spicy Chicken Patty Sandwich	Bean & Cheese Quesadilla		Cheese Stuffed Breadsticks w/ Marinara Dipping Sauce
		<b>Pepperoni Pizza</b>		
		<b><u>All American Sub</u></b> <b>Ham, Turkey &amp; Pepperjack Cheese with Lettuce &amp; Tomato on a Sub Roll</b>		
		<b>Chicken Salad Flatbread Lunch Kit</b>		

Menus are subject to change.

This institution is an equal opportunity provider.

For questions, concerns or comments,  
please contact Andrea McCurry at  
[amccurry@ridgefieldps.net](mailto:amccurry@ridgefieldps.net)



### Available Everyday:

**GRILL:** Hamburger, Cheeseburger, Cheese Quesadilla

**PIZZA:** Cheese

**DELI:** Sunbutter & Jelly and Turkey & Cheddar

**SALAD:** Garden & Caesar Salad with & without chicken  
Greek Yogurt Parfait with fruit & granola

Student Lunch: \$3.25    Adult Lunch: \$4.00

All Lunches must  
include a fruit and/or  
vegetable  
& may Include:  
1% Low-Fat Milk OR  
Skim Chocolate Milk

All Breads are whole grain &  
delivered fresh everyday  
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Chicken is whole muscle  
~

Milk is hormone & antibiotic  
free



Powering  
potential.








October 2025

MIDDLE SCHOOL  
LUNCH MENU

October 6 – October 10

Cups and drinking water are available in every cafeteria

EARLY DISMISSAL

MON	TUES	WED	THURS	FRI
 Pasta Bar with Meatsauce or Marinara Garlic Bread Zucchini	Beef Nachos Cilantro Rice 3 Bean Salad	Pulled Pork Sandwich French Fries Coleslaw	BBQ Chicken Cornbread Broccoli	Waffles Turkey Sausage Sweet Potato Wedge
 Chicken & Cheese Quesadilla	Ham & Cheese Melt	Chicken Tenders w/ WG dinner roll	California Chicken Patty Sandwich	
 <div>Pepperoni Pizza</div>				
 <div>Chicken Caesar Wrap</div>				
 <div>CT GROWN FOR KIDS' WEEK</div>				

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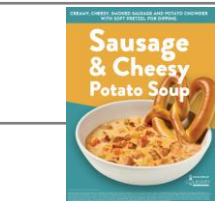
# October 2025

## MIDDLE SCHOOL LUNCH MENU

October 13 – October 17

Cups and drinking water are available in every cafeteria

	MON	TUES	WED	THURS	FRI
	SCHOOL CLOSED	Twin Beef Soft Tacos Lettuce, Tomato & Cheese Kickin' Pinto Beans	Chicken & Veggie Steamed Dumplings Rice Broccoli	Chicken Parmesan Garlic Knots Zucchini	Waffles Turkey Sausage Tator Tot
		<b><u>LTO: Sausage &amp; Cheesy Potato Soup with Pretzel Dipper</u></b> Creamy, Cheesy, Smoked Sausage and Potato Chowder Served with a soft pretzel for dipping			
		<b>Meatball Pizza</b>			
		<b>BBQ Chicken Wrap</b>			
		<b>Build Your Own Nacho Lunch Kit</b>			



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**PIZZA:** Cheese

**DELI:** Sunbutter & Jelly and Turkey & Cheddar

**SALAD:** Garden & Caesar Salad with & without chicken  
Student Lunch: \$3.25    Adult Lunch: \$4.00

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October 2025

## MIDDLE SCHOOL LUNCH MENU

October 20 – October 24

Cups and drinking water are available in every cafeteria

	MON	TUES	WED	THURS	FRI
	Pasta Chicken Alfredo Garlic Stick Broccoli	Beef Walking Taco Sante Fe Rice Street Corn	Honey Stung Popcorn Chicken Soft Pretzel Baked Beans	Sweet & Sour Chicken & Rice Bowl Steamed Edamame	Pancakes Turkey Sausage Sweet Potato Wedge
	Pizza Bagel	Chicken & Cheese Quesadilla	Grilled Cheese Melt	BBQ Chicken & Cheddar Melt	Cheese Stuffed Breadsticks w/ Marinara Sauce
	Pepperoni Pizza				
	Italian Combo Sub				
	Hummus, Veggie Sticks & Pretzel Lunch Kit				

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### Available Everyday:

**GRILL:** Hamburger, Cheeseburger, Cheese Quesadilla

**PIZZA:** Cheese & Pepperoni

**DELI:** Sunbutter & Jelly

**SALAD:** Garden & Caesar Salad with & without chicken  
Student Lunch: \$3.25    Adult Lunch: \$4.00

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## October 2025

### MIDDLE SCHOOL LUNCH MENU

October 27 – October 31

Cups and drinking water are available in every cafeteria

	MON	TUES	WED	THURS	FRI
	Cheesy Baked Penne Garlic Breadstick Green Beans	Cilantro Lime Rice, Bean & Cheese Burrito Kickin' Pinto Beans	BBQ Chicken & Cheese Stuffed Baked Potato WG Biscuit Broccoli	Orange Popcorn Chicken Steamed Rice Seasoned Carrots	French Toast Sticks Turkey Sausage Tator Tots
	Chipotle Ranch Burger	Cheese Stuffed Breadsticks with Marinara Dipping Sauce	Grilled Cheese Melt	Chicken Tenders with a Dinner Roll	Beef Meatball Grinder
	Chicken Parmesan Flatbread				
	Italian Combo				
	Pepperoni Pizza Flatbread Lunch Kit				

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**SALAD:** Garden & Caesar Salad with & without chicken  
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