



# October 2026

## RIDGEFIELD HIGH SCHOOL LUNCH MENU

October 5 – October 9

Powering  
potential.

|              | MON                                                                                                     | TUES                                                 | WED                                                             | THURS                                                                         | FRI             |
|--------------|---------------------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------------------|-------------------------------------------------------------------------------|-----------------|
| CENTER PLATE | Chicken Dumplings<br>Vegetable Rice<br>Snap Peas                                                        | Nachos, with Beef,<br>Cheese, Beans, and<br>Toppings | Popcorn Buffalo<br>Chicken, Macaroni and<br>cheese, and carrots | Honey Mustard Roasted<br>Chicken Breast<br>Creamy Rice<br>Roasted Cauliflower |                 |
| GRILL        | Chicken Quesadilla                                                                                      | Turkey Melt with Tomato<br>and Provolone             | Hot Honey Chicken<br>Sandwich with<br>Pepperjack Cheese         | Southwest Crunch<br>Burger                                                    | EARLY DISMISSAL |
| SANDWICH     |                                                                                                         |                                                      |                                                                 |                                                                               |                 |
| TEST KITCHEN | Pasta Bar – with Penne Pasta, Meatballs, Marinara, Alfredo, Chicken, and Vegetables                     |                                                      |                                                                 |                                                                               |                 |
| PIZZA        | Chicken Bruschetta Flatbread<br>Diced Chicken, Tomatoes, Basil, Parmesan Cheese, and Balsamic Reduction |                                                      |                                                                 |                                                                               |                 |

Menus are subject to change.



Available Everyday:

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

**PIZZA:** Cheese & Pepperoni

**DELI:** Made to Order Turkey, Ham, Chicken & Roast

**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  
salads  
~

Milk is hormone & antibiotic  
free  
~

All deli meats are Boar's Head



This institution is an equal  
opportunity providers



# October 2026

## RIDGEFIELD HIGH SCHOOL LUNCH MENU

October 12 – October 16

Powering  
potential.

CENTER PLATE

GRILL

SANDWICH

TEST KITCHEN

PIZZA



| MON       | TUES                                                                            | WED                                                                           | THURS                                                             | FRI                                                       |
|-----------|---------------------------------------------------------------------------------|-------------------------------------------------------------------------------|-------------------------------------------------------------------|-----------------------------------------------------------|
| NO SCHOOL | Teriyaki Chicken, with<br>Lo-Mein Noodles, and<br>Stir Fry Vegetables           | Homemade Meatloaf<br>Garlic Butter Mashed<br>Potatoes, gravy, and<br>Broccoli | Chicken Parmesan,<br>w/ Penne Pasta,<br>Marinara,<br>and Broccoli | Keilbasa, Potato and<br>Cheese Pierogi's, and<br>Zucchini |
| NO SCHOOL | Crispy Chicken<br>Sandwich, with<br>Sriracha Ranch                              | BLT on a Kaiser Roll                                                          | Buffalo Ranch Chicken<br>and Cheese Flatbread<br>Sandwich         | Grilled Cheese<br><br>Grilled Cheese w/<br>Tomato         |
|           |                                                                                 |                                                                               |                                                                   |                                                           |
|           | Walking Taco Bar: Choice of Chips, with Beef Beans, Cheese, Lettuce, and Tomato |                                                                               |                                                                   |                                                           |
|           |                                                                                 |                                                                               |                                                                   |                                                           |
|           |                                                                                 | Meatball Parmesan Grinders on a Hoagie Roll                                   |                                                                   | beef                                                      |

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# October 2026

## RIDGEFIELD HIGH SCHOOL LUNCH MENU

October 19 – October 23

Powering  
potential.

### CENTER PLATE

### GRILL

### SANDWICH

### TEST KITCHEN

### PIZZA

| MON                                                                         | TUES                                                               | WED                                                                             | THURS                                             | FRI                                                               |
|-----------------------------------------------------------------------------|--------------------------------------------------------------------|---------------------------------------------------------------------------------|---------------------------------------------------|-------------------------------------------------------------------|
| Chicken Alfredo, with Penne Pasta, Garlic Breadstick, and Broccoli          | Tater Tot Nachos, with Cheese, Tomato, Lettuce, Salsa & Sour Cream | Honey Chipotle Chicken with Pasta Salad, and Corn Bread                         | General Tso's Chicken, Veggie Egg Roll, Snap Peas | Chicken Tikka Masala, served with rice, broccoli, and garlic naan |
| Chicken and Cheese Quesadilla                                               | Chicken Apple Bratwurst with caramelized onions                    | Cheeseburger Sliders on a Pretzel Bun                                           | Smoked Turkey and Cheese Melt                     | Grilled Cheese<br>Grilled Cheese w/ Bacon<br>Tomato Soup          |
|                                                                             |                                                                    |                                                                                 |                                                   |                                                                   |
| Disco Fry Bar – with Cheese sauce, Chili, Gravy, and Buffalo or BBQ Chicken |                                                                    |                                                                                 | Baked Potato Bar with assorted toppings           |                                                                   |
|                                                                             |                                                                    | <b>MEAT LOVERS PIZZAS</b><br>With Pepperoni, Italian Sausage, Bacon, and Cheese |                                                   |                                                                   |

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# October 2026

## RIDGEFIELD HIGH SCHOOL LUNCH MENU

October 26 – October 30

Powering  
potential.

|              | MON                                                                                                               | TUES                                                                               | WED                                               | THURS                                         | FRI                                             |
|--------------|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|---------------------------------------------------|-----------------------------------------------|-------------------------------------------------|
| CENTER PLATE | Spagheitti and Meatballs, with Broccoli, and Cheesy Garlic Bread                                                  | Twin Beef Soft Tacos<br>Cilantro Lime Rice<br>Mexican Street Corn                  | Chipotle BBQ Chicken<br>Bread Bowl<br>Green Beans | Chicken Dumplings<br>Veggie Rice<br>Snap Peas | BBQ Pulled Pork<br>Cornbread<br>Corn on the Cob |
| GRILL        | Chicken Quesadilla                                                                                                | Turkey Reuben on Rye, Chicken Fajita Wrap with Sauerkraut and 1000 Island dressing | Peppers and Onions                                | Beef, Bean, and Cheese Burrito                | Grilled Cheese<br>Grilled Cheese w/ Bacon       |
| SANDWICH     |                                                                                                                   |                                                                                    |                                                   |                                               |                                                 |
| TEST KITCHEN | Boneless Wing Bar<br>Crispy Chicken, with choice of BBQ or Buffalo Sauce<br>Served with Carrots and Celery Sticks |                                                                                    |                                                   |                                               |                                                 |
| PIZZA        |                                                                                                                   |                                                                                    | Chicken Club Pizza                                |                                               |                                                 |

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