

Ridge High School Lunch Menu

December 2018

3 Chicken OR
Beef Gyro (GD)
Mozzarella Sticks*
(GD)
Fresh Baked Dinner
Roll (G)

Fuel Promotion:
Kickin' Chicken Fries
(GD)

4 Cheesy Baked
Penne* (GED)
Fresh Baked
Breadstick (G)
Steamed Corn

Fuel Promotion:
Kickin' Chicken Fries
(GD)

5 Crispy Chicken
Tenders
(G)
Sweet Potato Tots

Fuel Promotion:
Kickin' Chicken Fries
(GD)

6 Cajun Roast Turkey with
Gravy & Sweet Mashed
Potatoes (GD)
Steamed Broccoli

Fuel Promotion:
Kickin' Chicken Fries
(GD)

7 Crispy Chicken Tenders
(G)

Roasted Zucchini

Fuel Promotion:
Kickin' Chicken Fries
(GD)

10 Chicken
Pot Pie (GED)

Mozzarella Sticks *(GD)

Steamed Peas and
Carrots

Fuel Promotion
Disco Fries (GD)

11 Penne Alfredo
With Chicken (GD)
Pizza Sticks* with
Marinara Sauce
(GD)
Roasted Carrots

Fuel Promotion:
Disco Fries (GD)

12 Crispy
Chicken Tenders (G)

Fresh Steamed
Broccoli

Fuel Promotion:
Disco Fries (GD)

13 Szechwan Chicken
With Vegetables over
Rice (G)

Steamed Green Beans

Fuel Promotion:
Disco Fries (GD)

14 Sausage and
Red Bean Bowl
Over Sante Fe Rice
Crispy Chicken Tenders (G)
Roasted Mixed Vegetables

Fuel Promotion:
Disco Fries (GD)

17 Chicken Drumstick

Corn Bread (G)

Mozzarella Sticks (GD)
Roasted Yellow Squash

18 Chicken Penne Alfredo
(G) with Dinner roll

Pizza Sticks (GD) with
Marinara

19 Mac and Cheese (GD)
with Dinner Roll (G)

Crispy Chicken Tenders
(G)

Steamed Zucchini

20 Creamy Italian Rice (GD)
with Popcorn Chicken (G)
and Marinara Sauce
(GD)

Fresh Steamed Broccoli

21 Crispy Chicken Tenders
(G)
Corn on the Cob

½ Day Limited Menu

24
Schools Closed
Winter Recess

25
Schools Closed
Winter Recess

26
Schools Closed
Winter Recess

27
Schools Closed
Winter Recess

28
Schools Closed
Winter Recess

31
Schools Closed
Winter Recess

Allergen Key:

G – Gluten
E – Egg
D – Dairy

Vegetarian Options

Available Daily...

Angus Burgers, Angus Cheeseburgers, Veggie
Burger or Chicken Filet Sandwiches (GD)
Made to Order Deli Bar and Salad Bar.

For all lunch Information, please visit:

<https://bernards.schooldish.com>

More info...

Assorted Fruit, Yogurt Parfaits, Freshly Baked
Cookies, and Whole Grain Donuts.

Menu Subject to Change

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This institution is an equal opportunity provider.