

# Ridge High School Lunch Menu

March 2019

## Allergen Key:

G – Gluten  
E – Egg  
D – Dairy

\*Vegetarian Options

1

Spaghetti  
Carbonara (GD)  
Fresh Baked Breadstick (G)  
Chicken Tenders (G)  
Fresh Roasted Asparagus

4

Cajun Roasted Turkey (GD)  
Herb Stuffing (G)  
Mozzarella Sticks\* (GD)  
Mashed Potatoes (D)

**Fuel Promotion:  
Buzzer Beater Basket**

5

Cheesy Baked Penne (GED)  
Fresh Baked Breadstick (G)  
Cheese Stuffed Shells (GD)  
Steamed Corn

**Fuel Promotion  
Buzzer Beater Basket**

6

Roasted Vegetables over Linguine\* (G)  
Crispy Chicken Tenders (G)  
Sweet Potato Tots

**½ Day Teacher In-Service Day Limited Menu**

7

**Taco Bar \*** (GD)  
Choice of Hard OR Soft Tacos  
Choice of Beef OR Chicken  
Choice of Assorted Toppings  
Side of Mexican Spiced Quinoa

**Fuel Promotion:  
Buzzer Beater Basket**

8

Penne with Creamy Tomato Sauce\* (G)  
Crispy Chicken Tenders (G)  
Roasted Zucchini

Garlic Bread (GD)  
**Fuel Promotion:  
Buzzer Beater Basket**

11

Chicken Pot Pie (GD)  
BBQ OR Plain Wings (G)  
Steamed Peas and Carrots

**Fuel Promotion  
Hang Time Basket**

12

Cajun Penne Alfredo with Chicken (GD)  
Vegetable Lasagna (GD)

Roasted Carrots  
**Fuel Promotion  
Hang Time Basket**

13

Macaroni and Cheese\* (GD)  
Crispy Chicken Tenders (G)  
Roasted Brussel Sprouts

**Fuel Promotion  
Hang Time Basket**

14

**Quesadilla Bar \*** (GD)  
Choice of Tortilla  
Choice of Beef OR Chicken  
Choice of Assorted Toppings

Side of Rice or Beans  
**Fuel Promotion  
Hang Time Basket**

15

Penne Pasta Bake with Meatballs and Vegetables (GD)  
Parmesan Bread Stick (GD)

Crispy Chicken Tenders (G)  
Roasted Mixed Vegetables  
**Fuel Promotion  
Hang Time Basket**

18

Chicken Drumstick (G)  
Corn Bread (GD)  
Mozzarella Sticks (GD)  
Mashed Potatoes with Gravy (GD)

19

Chicken Parm over Spaghetti (G)  
Penne with Meatballs OR Marinara (G)  
Green Beans

20

Egg Roll Noodle Bowl (G)  
Crispy Chicken Tenders (G)  
Warm Cornbread w/Honey Butter (GD)  
Steamed Zucchini

21

**Tortilla Bar \*** (GD)  
Choice of Soft Tacos, Burritos,  
Choice of Beef OR Chicken  
Choice of Assorted Toppings  
Side of Rice or Beans

22

Cavatappi Pasta\* with Meat Sauce (G)  
Crispy Chicken Tenders (G)  
Garlic Bread

Fresh Steamed Broccoli

25

Chicken Tikka Masala over Rice (G)  
Mozzarella Sticks\* (GD)  
Seasoned Green Beans

26

Cheese Tortellini or Penne Pasta with Marinara Alfredo, OR Creamy Tomato Sauce (GD)  
Garlic Bread (G)  
Roasted Cauliflower

27

Macaroni and Cheese\* (GD)  
Crispy Chicken Tenders (G)  
Biscuit with Orange Butter (GD)  
Fresh Steamed Broccoli

28

**Nacho Bar \*** (GD)  
Nacho Chips  
Choice of Beef, Chicken, or Beans  
Assorted Toppings  
Mexicorn  
Cilantro Lime Rice

29

Spaghetti  
Carbonara (GD)  
Fresh Baked Breadstick (G)  
Chicken Tenders (G)  
Fresh Roasted Asparagus

## Available Daily...

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

For all lunch related 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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