

Ridge High School Lunch Menu

January 2019

1
Schools Closed
Winter Recess
Happy New Year

2
 Beef and Broccoli (G)
 over Rice
 Crispy Chicken
 Tenders (G)
 Warm Cornbread (GD)
 w/Honey Butter
 Steamed Zucchini

3
Tortilla Bar *
 (GD)
 Choice of Soft Tacos,
 Burritos,
 Choice of Beef, Chicken, or
 Fish
 Choice of Assorted
 Toppings
 Side of Rice or Beans

4
 Cavatappi Pasta with
 Meat Sauce (G)
 Crispy Chicken Tenders
 (G)
 Garlic Bread
 Fresh Steamed Broccoli

7
 Chicken Tikka
 Masala over Rice (G)
 Mozzarella Sticks (GD)
 Seasoned Green Beans
Fuel Promotion
Cheesy Bread Chili (GD)

8
 Cheese Tortellini
 or Penne Pasta with
 Marinara Alfredo, OR
 Creamy Tomato Sauce
 (GD)
 Garlic Bread (G)
 Roasted Cauliflower
Fuel Promotion:
Cheesy Bread Chili (GD)

9
 Macaroni and
 Cheese (GD)
 Crispy Chicken Tenders
 (G)
 Biscuit with orange
 Butter
 Fresh Steamed Broccoli
Fuel Promotion:
Cheesy Bread Chili (GD)

10
Nacho Bar *
 (GD)
 Nacho Chips
 Choice of Beef, Chicken, or
 Beans
 Assorted Toppings
 Mexicorn
 Cilantro Lime Rice
Fuel Promotion:
Cheesy Bread Chili (GD)

11
 Spaghetti
 Carbonara (GD)
 Fresh Baked Breadstick (G)
 Chicken Tenders
 (G)
 Fresh Roasted Asparagus
Fuel Promotion:
Cheesy Bread Chili (GD)

14
 Cajun Roasted Turkey
 (GD)
 Fresh Baked Dinner Roll
 (G)
 Mozzarella Sticks (GD)
 Mashed Potatoes
Fuel Promotion
Walking Taco Chili (GD)

15
 Cheesy Baked
 Penne (GED)
 Fresh Baked Breadstick
 (G)
 Cheese Stuffed Shells
 (GD)
 Steamed Corn
Fuel Promotion
Walking Taco Chili (GD)

16
 Roasted Vegetables over
 Linguine (G)
 Crispy Chicken Tenders
 (G)
 Sweet Potato Tots
Fuel Promotion
Walking Taco Chili (GD)

17
Taco Bar *
 (GD)
 Choice of Hard OR
 Soft Tacos
 Choice of Beef, Chicken, or
 Fish
 Choice of Assorted
 Toppings
 Side of Rice or Beans
Fuel Promotion
Walking Taco Chili (GD)

18
 Penne with
 Creamy Tomato Sauce
 (G)
 Crispy Chicken Tenders
 (G)
 Roasted Zucchini
 Garlic Bread (GD)
Fuel Promotion
Walking Taco Chili (GD)

21
 Chicken Pot Pie
 (GD)
 BBQ OR Plain Wings (G)
 Steamed Peas and
 Carrots
Snow Day Make-Up
½ Day

22
 Cajun Penne Alfredo
 with Chicken (GD)
 Vegetable Lasagna
 (GD)
 Roasted Carrots

23
 Macaroni and Cheese
 (GD)
 Crispy Chicken
 Tenders (G)
 Roasted Brussel
 Sprouts

24
Quesadilla Bar *
 (GD)
 Choice of Tortilla
 Choice of Beef,
 Chicken, or Fish
 Choice of Assorted
 Toppings
 Side of Rice or Beans

25
 Penne Pasta
 (GD)
 Bake with Meatballs and
 Vegetables
 Parmesan Bread Stick
 Crispy Chicken Tenders
 (G)
 Roasted Mixed Vegetables

28
 Chicken
 Drumstick (G)
 Corn Bread (GD)
 Mozzarella Sticks (GD)
 Mashed Potatoes (D)
 with Gravy

29
 Chicken Parm
 over Spaghetti (GED)
 Penne with Meatballs
 (GED) OR Marinara
 Green Beans

30
 Beef and
 Broccoli (G) over Rice
 Crispy Chicken Tenders
 (G)
 Warm Cornbread
 w/Honey Butter (GD)
 Steamed Zucchini
½ Day
Teacher In-Service Day

31
Tortilla Bar *
 (GD)
 Choice of Soft Tacos,
 Burritos,
 Choice of Beef,
 Chicken, or Fish
 Choice of Assorted
 Toppings
 Side of Rice or Beans

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 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



This institution is an equal opportunity provider.