

Ringgold Middle School

January 23rd – 27th



Monday	Tuesday	Wednesday	Thursday	Friday
Penne w/ Meatballs w/ Roll Green Beans	BBQ Pulled Pork on WG Roll w/ House Made Baked Beans Cole Slaw	Grilled Hot Dogs w/ Chili Sauce & Cheese Seasoned Fries	Beef Enchiladas w/ Queso & Burrito Sauce	Breakfast for Lunch Pancakes, Hash Browns & Sausage
Spicy Chicken Sandwich Cheeseburger	Crispy Chicken Sandwich Cheeseburger	Spicy Chicken Sandwich Cheeseburger	Crispy Chicken Sandwich Cheeseburger	Spicy Chicken Sandwich Cheeseburger
Pepperoni -OR- Cheese Pizza	Double Stack Tacos BBQ Baked Beans	Pepperoni -OR- Cheese Pizza	Nachos w/ Beef & Cheese Baked Beans	Pepperoni -OR- Cheese Pizza
Fresh Garden Bar w/ Variety of Fruits and Veggies	Fresh Garden Bar w/ Variety of Fruits and Veggies	Fresh Garden Bar w/ Variety of Fruits and Veggies	Fresh Garden Bar w/ Variety of Fruits and Veggies	Fresh Garden Bar w/ Variety of Fruits and Veggies
Pancake Wrapped Sausage Bites	Bagel Sandwich w/ Egg & Cheese	Waffle Sticks & Sausage	Pancakes w/ Syrup	Bagel w/ Sausage & Cheese

Breakfast Free to ALL Students
***In addition to hot entrée a selection of cereals,
bagels and cereal bars will be available***

**Fresh Garden Bar
Offered Daily
With a Variety of Fresh Produce and Fruits**

Lunch Prices
Adult \$3.40 Full \$2.20 Reduced \$0.40

Weekly Vegetable Subgroups May Include:

Dark green (spinach, broccoli, romaine, spring salad)
red/orange (carrots, sweet potatoes, tomatoes, red
peppers, beans/peas (Legumes) and starchy (white
potatoes, corn, peas, lima beans) and other (celery
,cabbage, green beans)

WHAT MAKES A MEAL?

**You must choose at least 3 of 5 components available for
the school lunch price. Meat or meat alternate, choice of
vegetable, choice of fruit, grain/bread and choice of milk.**

**(1%White Fat Free, Chocolate,
Fat Free White) A minimum of ½ cup serving of fruit or a
minimum of a ½ cup vegetable MUST accompany a
reimbursable lunch.**

Please discuss any food allergy issues concerning your child with Resident Director Ryan Racicot 724.258.2293
This institution is an equal opportunity provider and employer