

Ringgold Middle School

January 9th – 13th



	Monday	Tuesday	Wednesday	Thursday	Friday
Signature	Macaroni Milanese w/ Roll Green Beans	BBQ Rib Hoagie w/ BBQ Baked Beans Cole Slaw	Meatball Hoagie w/ Mozzarella Cheese & Marinara Steamed Carrots	Mini Corn Dogs w/ Seasoned Seasoned Fries Corn	Breakfast for Lunch French Toast Sticks Sausage Potato Hash Browns
Grill	Spicy Chicken Sandwich Cheeseburger	Crispy Chicken Sandwich Cheeseburger	Spicy Chicken Sandwich Cheeseburger	Crispy Chicken Sandwich Cheeseburger	Spicy Chicken Sandwich Cheeseburger
Feature	Pepperoni -OR- Cheese Pizza	Double Stack Tacos BBQ Baked Beans	Pepperoni -OR- Cheese Pizza	Nachos w/ Beef & Cheese Corn	Pepperoni -OR- Cheese Pizza
Deli	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
Breakfast	Mini Pancake Wrapped Sausage	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

