

Lunch



# OCTOBER 2017



Ringgold Elementary

<p>Each day we will have additional fruit and juice choices. Also, a variety of milk will be offered everyday. If your student would prefer to drink water...fountains are either in the cafeteria or right outside and we will have cups available for those who need one.</p>			<p>***New School Menu App. - MealViewer***                  ***FREE - MealViewer-in your Favorite App. Store!***                  ***See your Child's Menu on your phone, tablet, or computer***</p>	
<p>MONDAY 2</p> <p><b>CHOICE OF ONE ENTREE</b>                  Hamburger or Cheeseburger w/ Bun                  Breaded Chicken Sandwich                  BBQ Pulled Pork Potato w/cheese                  Lettuce/Tomato/Pickle Cup                  Oven Fries - Ketchup                  Baked Beans - Cond -Mayo, Mustard,                  Sliced Peaches, Wheat Roll 2oz.</p>			<p>TUESDAY 3</p> <p><b>CHOICE OF ONE ENTREE</b>                  Popcorn Chicken - Dipping Sauce                  Meatloaf                  1/2 Chef w/yogurt                  Mashed Potatoes                  Broccoli w/Cheese                  Fresh Baked Wheat Rolls 2oz.                  Pineapple Tidbits</p>	
<p>WEDNESDAY 4</p> <p><b>CHOICE OF ONE ENTREE</b>                  Teriyaki Chicken/Rice/Fortune Cookie                  Fish Stks/Hush Pups/Tarter/ketchup                  Ham/Cheese Sandwich w/Doritos                  Green Beans                  Carrot Coins w/Ranch                  Southern Style Cornbread                  Chilled Peaches</p>			<p>THURSDAY 5</p> <p><b>CHOICE OF ONE ENTREE</b>                  Hot Dog on a bun                  BBQ Pulled Pork on Bun                  1/2 Chef w/yogurt w/ wheat roll                  Oven Baked Onion Rings                  Creamy Cole Slaw                  Rosy Applesauce                  Mustard, Ketchup</p>	
<p>FRIDAY 6</p> <p><b>CHOICE OF ONE ENTREE</b>                  Stuffed Crust Cheese or Pepp Pizza                  Penne Pasta Alfredo w/ Roll 2 oz.                  Wow Butter W/Doritos                  Glazed Carrots                  Garden Salad w/Dressing                  Mixed Fruit</p>			<p>~ WORLD SMILE DAY ~</p>	
<p>MONDAY 9 -NSLW</p> <p><b>National School Lunch Week October 9-13</b></p> <p><b>FALL BREAK</b></p> 			<p>TUESDAY 10- NSLW</p> <p><b>FALL BREAK</b></p> 	
<p>WEDNESDAY 11 - NSLW</p> <p><b>CHOICE OF ONE ENTREE</b>                  Cheese Calzone with Marinara Sauce                  Chicken Tetrazzini                  Ham Sand w/Let/Tom/Pickle/Doritos                  Carrot Coins w/Ranch                  Seasoned Corn                  Wheat Roll 2 oz.                  Chilled Peaches</p>			<p>THURSDAY 12 - NSLW</p> <p><b>CHOICE OF ONE ENTREE</b>                  Beefy Nachos w/cheese/Sour Cream/Salsa                  Pulled Pork Potato/cheese/BBQ sce/Roll                  Chef Salad/Ham/Cheese/Dres/2oz.Roll                  Crunchy Okra                  Pintos w/Cheese                  Rosy Applesauce                  Taco or BBQ Sauce</p>	
<p>FRIDAY 13 - NSLW</p> <p><b>CHOICE OF ONE ENTREE</b>                  Stuffed Crust Cheese or Pepp Pizza                  Pasta Italiano w/ Roll 2 oz.                  Wow Butter Sandwich w/Doritos                  Fresh Squash Medley w/Onions                  Seasoned Corn                  Mixed Fruit                  Chocolate Chip Cookie</p>				
<p>MONDAY 16</p> <p><b>CHOICE OF ONE ENTREE</b>                  Chicken Nuggets-Dipping Sauce                  Breaded Steak and Gravy                  Ham Sand w/Let/Tom/Pickle/Doritos                  Southern Style Biscuit                  Mashed Potatoes                  Buttered Green Peas                  Peach Cup</p>			<p>TUESDAY 17</p> <p><b>CHOICE OF ONE ENTREE</b>                  Teriyaki Chicken w/Rice/Fortune Cookie                  Lasagna Roll Up                  Wow Butter Sandwich w/ Doritos                  Glazed Carrots                  Broccoli w/Cheese                  Roll 2 oz.                  Rosy Applesauce</p>	
<p>WEDNESDAY 18</p> <p>***BREAKFAST FOR LUNCH***                  Breakfast Quiche                  Chicken and Waffles                  Pancake on Stick w/GO BIG Gogurt                  Seasoned Roasted Potatoes                  Carrot Coins w/Ranch                  Pineapple Tidbits                  Southern Style Biscuit and Gravy                  Syrup</p>			<p>THURSDAY 19</p> <p><b>CHOICE OF ONE ENTREE</b>                  Chicken Patty on Wheat Bun                  Hamburger or Cheeseburger w/Bun                  Bkd Potato/Ham/Ches/Sour Crm/2 oz.roll                  Lettuce, Tomato, Pickle cups                  Baked Beans                  Oven Baked French Fries                  Strawberry Cup                  Mustard, Mayo, Ketchup</p>	
<p>FRIDAY 20</p> <p><b>CHOICE OF ONE ENTREE</b>                  Baked Cheese Sticks w/Marinara                  Pasta Italiano w/ Roll 2 oz.                  Chef Salad/Ham/Cheese/Dres/2oz.Roll                  Green Beans                  Seasoned Corn                  Mixed Fruit                  Blueberry Crisp</p>				
<p>MONDAY 23</p> <p><b>CHOICE OF ONE ENTREE</b>                  Hamburger or Cheeseburger w/ Bun                  Breaded Chicken Sandwich                  Pulled Pork Potato/cheese/BBQ sauce                  Lettuce/Tomato/Pickle Cup                  Oven Fries - Ketchup                  Baked Beans - Cond -Mayo, Mustard,                  Diced Peaches, Wheat Roll 2oz.</p>			<p>TUESDAY 24</p> <p><b>CHOICE OF ONE ENTREE</b>                  Popcorn Chicken - Dipping Sauce                  Meatloaf                  1/2 Chef w/yogurt                  Mashed Potatoes                  Broccoli w/Cheese                  Fresh Baked Wheat Rolls 2oz.                  Pineapple Tidbits</p>	
<p>WEDNESDAY 25</p> <p><b>CHOICE OF ONE ENTREE</b>                  Teriyaki Chicken/Rice/Fortune Cookie                  Chicken Tetrazzini                  Ham Sand w/Let/Tom/Pickle/Doritos                  Green Beans                  Carrot Coins w/Ranch                  Southern Style Cornbread                  Chilled Peaches</p>			<p>THURSDAY 26</p> <p><b>CHOICE OF ONE ENTREE</b>                  Hot Dog on a bun                  BBQ Pulled Pork on Bun w/BBQ Sauce                  1/2 Chef w/yogurt w/ wheat roll                  Oven Baked Onion Rings                  Creamy Cole Slaw                  Rosy Applesauce                  Mustard, Ketchup</p>	
<p>FRIDAY 27</p> <p><b>CHOICE OF ONE ENTREE</b>                  Stuffed Crust Cheese or Pepp Pizza                  Penne Pasta Alfredo w/ Roll 2 oz.                  Wow Butter W/Doritos                  Glazed Carrots                  Garden Salad w/Dressing                  Mixed Fruit</p>				
<p>MONDAY 30</p> <p><b>CHOICE OF ONE ENTREE</b>                  Chicken Nuggets - Dipping Sauces                  Pasta Italiano                  Baked Potato w/ Ham and Cheese                  Sour cream                  Wheat Roll 2 oz.                  Seasoned Green Beans                  Glazed Carrots                  Peach Cup</p>			<p>TUESDAY 31</p> <p><b>CHOICE OF ONE ENTREE</b>                  Popcorn Shrimp w/Hushpuppies                  Sloppy Joe on Bun                  1/2 Chef w/yogurt                  Wheat Roll 2 oz.                  Oven Baked Fries                  Creamy Cole Slaw                  Ketchup/Tarter Sauce                  Strawberry Cups</p>	
			<p><b>"Happy Fall Y'all"</b></p> 	
				