RINGGOLD ELEMENTARY LUNCH

OCTOBER2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Pizza Crunchers Or Bosco Sticks Sweet Peas 3rd Choice Crispy Chicken Salad w/ WG Roll	**2** Boneless Wings W/ WG Roll Or Cheese Pizza Peas & Carrots
5 Homemade Mac & Cheese w/ Pretzel Stick -Or- Popcorn Chicken W/ Pretzel Stick Carrot Coins	**6** Fiestada Pizza Or Cheeseburger on a Whole Grain Bun Broccoli	**7** Ram Bowl w/ WG Roll Or Pepperoni Pizza Corn	**8** Hot Dog Or Turkey Bacon Cheddar Hoagie Baked Beans	**9** French Toast Sticks W/Sausage -Or- Cheese Pizza Hash Browns Warm Spiced Apples
12 Baked Cheesy Pasta -Or- Chicken Nuggets WG Bread Stick Green Beans	**13** Beef Tacos or Cheeseburger on a Whole Grain Bun Seasoned Black Beans Corn	**14** NO SCHOOL	**15** Grilled Cheese w/ Bacon Or Pepperoni Pizza Bagel Tomato Soup 3rd Choice Soy Butter & Jelly WG Graham Crackers & Cheese Stick	**16** Italian Dunkers -Or- Cheese Pizza Crinkle Fries
19 Alfredo Chicken Pasta Bowl or Chicken Tenders W/ WG Breadstick Carrot Coins	**20** Loaded Nacho's w/ Beef or Chicken -Or- Cheeseburger on a Whole Grain Bun Corn	**21** Chicken Drumstick w/ WG Roll Or Pepperoni & Bacon Pizza Au Gratin Potatoes	**22** Meatball Hoage Or Crispy Chicken Sandwich Broccoli 3rd Choice Buffalo Chicken Dip w/ Tortilla Chips	**23** Pierogies Or Cheese Pizza Smiley Fries
26 Beefaroni (Seasoned Gr. Beef Elbow Mac, Tomato & Cheese Sauce) -Or- Popcorn Chicken WG Breadstick Green Beans	**27** Waking Taco w/ Beef or Chicken or Cheeseburger on a Whole Grain Bun Corn	**28** General Tso Chicken w/ Steamed Rice Or Pepperoni Pizza Broccoli	**29** Swedish Meatballs w/ Buttered Noodle Or Mini Corn Dogs Sweet Peas 3rd Choice Grilled Chicken Salad w/ WG Roll	**30** Bat Nuggets (Chicken Nuggets Shaped in a Bat) Or Cheese Pizza Waffle Fries

SELECTIONS OF FRESH FRUIT, VEGETABLES, 100% FRUIT JUICE & MILK ARE SERVED DAILY

MAKE IT A LUNCH
FRUIT, VEGETABLE, GRAIN, PROTEIN & MILK
CHOOSE 3 OR MORE FOOD GROUPS
TAKE AT LEAST ½ CUP OF FRUIT OR VEGETABLES



Contact The District Food Service Directors,
Amanda Fronzaglio at afronzaglio@ringgold.org
Kevin Pulit at kpulit@avifoodsystems.com
with any questions or concerns.

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