RINGGOLD HIGH SCHOOL

OCTOBER 26TH - OCTOBER 30TH

	MONDAY 10/26/26	TUESDAY 10/27/26	WEDNESDAY 10/28/26	THURSDAY 10/29/26	FRIDAY 10/30/26
SIGNATURE STATION	**Ramen Bar** Ramen Noodles w/ chicken broth and roasted chicken -Peas & Carrots-	Buffalo Chicken Flatbread or Bosco's w/ marinara -Green Beans-	Boneless Wings Crispy or Spicy ~ Broccoli~ ~Dinner Roll~	Nachos and Cheese Beef or Chicken Or Fiestada Pizza -Sweet Corn-	Pepperoni Roll Day!!! -Marinara- -Carrots-
GRILL STATION	Hamburger Cheeseburger Crispy or Spicy Chicken Sandwich	Hamburger Cheeseburger Crispy or Spicy Chicken Sandwich	Hamburger Cheeseburger Crispy or Spicy Chicken Sandwich	Hamburger Cheeseburger Crispy or Spicy Chicken Sandwich	Hamburger Cheeseburger Crispy or Spicy Chicken Sandwich
PIZZA STATION (Fresh Hand Stretched Dough)	Cheese Pizza Pepperoni Pizza White Pizza	Cheese Pizza Pepperoni Pizza Chicken Bacon Ranch Pizza	Cheese Pizza Pepperoni Pizza Buffalo Chicken Pizza	Cheese Pizza Pepperoni Pizza Meat Lovers Pizza	Cheese Pizza Pepperoni Pizza
RAM DRIVE DELI	Daily Features including Asst Breads & Wraps, Fresh Deli Meats & Cheeses, Grilled Chicken & Array of Fresh Toppings & Dressings				
SALAD BAR	DAILY FEATURES WITH FRESH FRUITS & VEGETABLES				
FUN FACTS & QUOTES	"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind." – Bernard M. Baruch				

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
In the Cafeteria ***High School*** *6:45-7:00AM*	Breakfast Pizza	Pancakes	Waffles	French Toast	Chocolate Crescent
	GRAB & GO BREAKFAST: VARIETY OF CEREALS, CRACKERS, BREAKFAST BARS, FRESH FRUITS, MILK & JUICE				

MAKE IT A COMPLETE BREAKFAST OR LUNCH

A meal includes grain, protein, fruit, vegetable, and milk.
Be sure to take at least three components
(including ½ cup
of fruit or vegetable)

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

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