# RINGGOLD MIDDLE SCHOOL

## OCTOBER 26TH–30TH 2026

| | MONDAY 10/26/2026 | TUESDAY 10/27/26 | WEDNESDAY 10/28/26 | THURSDAY 10/29/26 | FRIDAY 10/30/26 |
|---|---|---|---|---|---|
| SIGNATURE Inspired • Innovative • In-style | **Beef Raviolis Or Stromboli**<br>Garlic Bread Stick<br>Green Beans | **Chicken Parm or Chicken Club Sandwich**<br>Sweet Peas | **Chicken Alfredo Bowl Cajun or Italian Chicken**<br>Garlic breadstick<br>Broccoli | **Loaded Nacho Seasoned Beef or Chicken**<br>Cilantro Rice<br>Nacho Cheese Sauce<br>Seasoned Corn<br>Black Beans | **Breakfast For Lunch**<br>French Toast Sticks<br>Hash Browns<br>Sausage<br>Warm Spiced Apples |
| GRILL SIZZLING, SEASONED & SASSY | Hamburger<br>Cheeseburger<br>Crispy Chicken Sandwich | Hamburger<br>Cheeseburger<br>Spicy Chicken Sandwich | Hamburger<br>Cheeseburger<br>Crispy Chicken Sandwich | Hamburger<br>Cheeseburger<br>Spicy Chicken Sandwich | Hamburger<br>Cheeseburger<br>Crispy Chicken Sandwich |
| PIZZA OVEN-FRESH AND HANDCRAFTED | Cheese Pizza<br>Pepperoni Pizza | Cheese Pizza<br>Pepperoni Pizza<br>Meat Lovers | Cheese Pizza<br>Pepperoni Pizza | Cheese Pizza<br>Pepperoni Pizza | Cheese Pizza<br>Pepperoni Pizza |
| SALAD Crisp, Crunchy & Nutritious | DAILY FEATURES WITH FRESH FRUITS & VEGETABLES | | | | |
| **FUN FACTS & QUOTES** | **"The best thing about the future is that it comes one day at a time." — Abraham Lincoln** | | | | |

| BREAKFAST | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| BREAKFAST FARM FRESH AND NATURAL | **Mini Strawberry Bagel** | **Pancake Wrap w/ Sausage** | **Dutch Waffle** | **Breakfast Pizza** | **Egg Sausage Cheese Muffin** |
| | A variety of Fresh Fruit, Milk, Cereals, Breakfast Bars, and Muffins offered daily on the Breakfast Carts | | | | |

**MAKE IT A COMPLETE BREAKFAST OR LUNCH**

A meal includes grain, protein, fruit, vegetable, and milk.

Be sure to take at least three components

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

**WE'RE HERE TO SERVE YOU!**

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