RINGGOLD MIDDLE SCHOOL

NOVEMBER 2ND-6TH 2026

	MONDAY 11/2/2026	TUESDAY 11/3/26	WEDNESDAY 11/4/26	THURSDAY 11/5/26	FRIDAY 11/6/26
SIGNATURE Inspired • Innovative • In-style	**CHICKEN TWISTER** CRISPY OR SPICY SPICY RANCH PEAS	**LOADED BAKED POTATO BAR** BROCCOLI	**RAM BOWL** POPCORN CHICKEN, MASHED POTATOES CORN GRAVY	**WALKING TACO** Spanish Rice Nacho Cheese Sauce Seasoned Corn Black Beans	**FRENCH BREAD PIZZA** **OR** **BBQ PORK SANDWICH** BAKED BEANS
GRILL SIZZLING, SEASONED & SASSY	Hamburger Cheeseburger Crispy Chicken Sandwich	Hamburger Cheeseburger Spicy Chicken Sandwich	Hamburger Cheeseburger Crispy Chicken Sandwich	Hamburger Cheeseburger Spicy Chicken Sandwich	Hamburger Cheeseburger Crispy Chicken Sandwich
PIZZA OVEN-FRESH AND HANDCRAFTED	Cheese Pizza Pepperoni Pizza	Cheese Pizza Pepperoni Pizza	Cheese Pizza Pepperoni Pizza Buffalo Chicken Ranch	Cheese Pizza Pepperoni Pizza	Cheese Pizza 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**	**Mini Blueberry Waffle**	**Dutch Waffle**	**Breakfast Pizza**	**Strawberry Pancake Puff**
	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.

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