RINGGOLD HIGH SCHOOL

NOVEMBER 2ND – NOVEMBER 6TH

	MONDAY 11/2/26	TUESDAY 11/3/26	WEDNESDAY 11/4/26	THURSDAY 11/5/26	FRIDAY 11/6/26
SIGNATURE STATION	Pasta & Marinara w/ breadstick and Chicken Parm Or Meatballs -Green Bean-	Pizza Crunchers or French Bread Pizza -Buttered Peas-	Baked Potato Bar Nacho Cheese Pulled Pork Bacon Crumbles Broccoli Pretzel Stick	Walking Taco Beef or Chicken Cilantro Lime Rice Cheddar Cheese Black Beans Corn	Popcorn Chicken w/ a roll or Mini Corn Dogs -Cheesy Potatoes- -Glazed 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	Cheese Pizza Pepperoni Pizza Meat Lover's 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	**"It always seems impossible until it is done."** — *Nelson Mandela*				

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
In the Cafeteria ***High School*** *6:45-7:00AM*	Breakfast Pizza	Pancakes	Waffles	French Toast	Frudel
	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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