RINGGOLD HIGH SCHOOL

NOVEMBER 16TH – NOVEMBER 20TH

	MONDAY 11/16/26	TUESDAY 11/17/26	WEDNESDAY 11/18/26	THURSDAY 11/19/26	FRIDAY 11/20/26
SIGNATURE STATION	**Nachos** Beef or Chicken Nacho Cheese Refried Beans -Corn-	Chicken Quesadilla Or Pulled Pork Sandwich Or Pepperoni Pizza Ripper -Buttered Peas-	**Thanksgiving Lunch** Roasted Turkey w/ gravy Mashed Potatoes Stuffing Green Beans -Pumpkin Roll-	Grilled Cheese or Corn dogs -Tomato Soup- -Glazed Carrots-	Saucy Wings BBQ, Garlic Parm, Crispy -Smiley Fries-
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 Lover's Pizza	Cheese Pizza Pepperoni Pizza Philly Cheesesteak 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	"Gratitude helps us see what is there instead of what isn't." – **Annette Bridges**				

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
In the Cafeteria ***High School*** *6:45-7:00AM*	Breakfast Pizza	Pancake	Waffle	French Toast	Strawberry Bagel
	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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