

# Ridgemont Local Schools 2022-23 Menu

**MENU #1**

|   |   |  |  |   |
|---|---|--|--|---|
| <b>MONDAY</b><br>Hot Dog<br>Baked Beans<br>French Fries<br>Applesauce | <b>TUESDAY</b><br>Mac/Cheese<br>Green Beans<br>Peaches<br>Pudding | <b>WEDNESDAY</b><br>Bosco Sticks<br>Pizza Sauce<br>Carrots/Cucumbers/<br>Ranch<br>Orange | <b>THURSDAY</b><br>Macho Nacho<br>Black Bean Salsa<br>or Salsa Cup<br>Salad/Dressing<br>Pineapple/Churro | <b>FRIDAY</b><br>Orange or General Tso's/<br>Popcorn Chicken<br>Broccoli, Rice<br>Fruit Cup<br>Fortune Cookie |
|---|---|--|--|---|

or Salad Lunch w/Grilled Chicken      Gopher Lunch - Chicken Wrap, Veggies and Fruit



**MENU #2**

|  |  |   |  |   |
|--|--|---|--|---|
| <b>MONDAY</b><br>Breakfast for Lunch<br>Hash Brown<br>Baked Apples<br>Yogurt or Smoothie | <b>TUESDAY</b><br>Baked Potato/Pork/<br>Cheese<br>Dinner Roll/Butter<br>Pineapple<br>Pudding | <b>WEDNESDAY</b><br>Pepperoni Ripper<br>Pizza Sauce<br>Carrots/Ranch<br>Sidekick/Orange | <b>THURSDAY</b><br>Sub Sandwich<br>Salad/Dressing/Tomatoes<br>Baked Chips<br>Pears | <b>FRIDAY</b><br>Cook's Choice<br>Baked Beans<br>Celery/Ranch<br>Mixed Fruit<br>WG Cookie |
|--|--|---|--|---|

or Salad Lunch w/Ham      Gopher Lunch - Ham Sandwich, Potato Salad and Fruit



**MENU #3**

|   |  |  |  |   |
|---|--|--|--|---|
| <b>MONDAY</b><br>Hamburger/<br>Cheeseburger<br>Lettuce/Tomato<br>Fries/Baked Beans<br>Fruit Cup | <b>TUESDAY</b><br>BBQ Rib Sandwich<br>Carrots & Celery/Ranch<br>Fruit Cup<br>WG Cookie | <b>WEDNESDAY</b><br>Bosco Sticks<br>Broccoli/Cheese<br>Orange<br>Sherbet Cup | <b>THURSDAY</b><br>Walking Taco<br>Taco Sauce or<br>Black Bean Salsa<br>Lettuce/Cheese<br>Pineapple/Churro | <b>FRIDAY</b><br>Chicken Bowl/Corn<br>Mashed Potatoes/Gravy<br>Roll/Butter<br>Fruit Cup |
|---|--|--|--|---|

or Salad Lunch w/Pepperoni      Gopher Lunch - Meat Slices, Cheese Cubes, Crackers, Chick Peas and Fruit



**MENU #4**

|  |  |  |   |  |
|--|--|--|---|--|
| <b>MONDAY</b><br>Chicken Wrap<br>Salad/Dressing<br>Baked Chips<br>Mandarin Oranges | <b>TUESDAY</b><br>Totos<br>(Taco Meat, Tater Tots,<br>Cheese & Salsa)<br>Breadstick<br>Pineapple | <b>WEDNESDAY</b><br>Pepperoni Ripper<br>Pizza Sauce<br>Peas/Carrots<br>Grapes<br>Pudding | <b>THURSDAY</b><br>Chicken or Beef Noodles<br>Mashed Potatoes<br>Roll/Butter<br>Peaches | <b>FRIDAY</b><br>Chicken Patty<br>Tomato/Lettuce<br>Green Beans<br>Fruit Cup |
|--|--|--|---|--|

or Salad Lunch w/Turkey      Gopher Lunch - Turkey Croissant, Veggies and Fruit



**MENU #5**

|  |  |  |   |   |
|--|--|--|---|---|
| <b>MONDAY</b><br>Ham & Cheese Sandwich<br>Cheesy Potatoes<br>Applesauce<br>WG Cookie | <b>TUESDAY</b><br>Cook's Choice<br>Baked Beans<br>Pears<br>Pudding | <b>WEDNESDAY</b><br>Pizza Choice<br>Pizza Sauce<br>California Mix<br>Apple/Sherbet | <b>THURSDAY</b><br>Spaghetti<br>Salad/Dressing<br>Garlic Toast<br>Peaches | <b>FRIDAY</b><br>Chicken Nuggets<br>Green Beans<br>Corn Bread/Butter<br>Mixed Fruit |
|--|--|--|---|---|

or Salad Lunch w/Diced Chicken      Gopher Lunch - Sub Sandwich, Veggies and Fruit



**BREAKFAST MENU**

|              |  |
|--------------|--|
| <b>MON</b>   | Pop Tart,<br>Muffin or Frudel<br>Juice or Fresh Fruit<br>Milk              |
| <b>TUES</b>  | Bagel/Cream Cheese,<br>Donut or Cereal Bar<br>Juice or Fresh Fruit<br>Milk |
| <b>WED</b>   | Smoothie, Frudel<br>or Pancake<br>Juice/Fruit<br>Milk                      |
| <b>THURS</b> | Cereal Bar,<br>Cinnamon Roll or Waffle<br>Juice or Fresh Fruit<br>Milk     |
| <b>FRI</b>   | Frudel, Pop Tart<br>or Muffin<br>Juice/Orange<br>Milk                      |



[www.ridgemont.k12.oh.us](http://www.ridgemont.k12.oh.us)

**Lunch Prices**

|                       |        |
|-----------------------|--------|
| K-8 Students .....    | \$3.00 |
| 9-12 Students.....    | \$3.25 |
| Reduced Lunches ..... | \$0.40 |
| Adult Lunches.....    | \$4.00 |
| Milk .....            | \$0.50 |

**Breakfast Prices**

|               |        |
|---------------|--------|
| Student ..... | \$1.75 |
| Reduced ..... | \$0.30 |
| Adult.....    | \$2.00 |

\*Free and Reduced lunch program applications are available on line at [www.pyschoolscentral.com](http://www.pyschoolscentral.com) or at the welcome center. Please fill them out to qualify for fee waivers.

\*Parents are encouraged to prepay for a la carte. Go to the school website under the cafeteria tab and click on the Pay Schools link.

[www.payschoolscentral.com](http://www.payschoolscentral.com)

Free students receive a free breakfast

- 3 Menus Offered Daily
- Main Menu
  - Chef Salad
  - Gopher Lunch

\*Fat free flavored milk  
1% white milk

No Breakfast served on delay days

WG=Whole Grain

**Menu is subject to change.**

High school students will be offered a second entree daily

**Follow the menu with its calendar day. Each week is represented by a color and represents a 5-week cycle menu.**

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

| AUGUST 2022  | SEPTEMBER 2022   | OCTOBER 2022   | NOVEMBER 2022  | DECEMBER 2022   | JANUARY 2023   | FEBRUARY 2023  | MARCH 2023  | APRIL 2023  | MAY 2023   |
|--|--|--|--|---|--|--|---|---|--|
| S M T W T F S<br>1 2 3 4 5 6<br>7 8 9 10 11 12 13<br>14 15 16 17 18 19 20<br>21 22 23 24 25 26 27<br>28 29 30 31 | S M T W T F S<br>4 5 6 7 8 9 10<br>11 12 13 14 15 16 17<br>18 19 20 21 22 23 24<br>25 26 27 28 29 30 | S M T W T F S<br>2 3 4 5 6 7 8<br>9 10 11 12 13 14 15<br>16 17 18 19 20 21 22<br>23 24 25 26 27 28 29<br>30 31 | S M T W T F S<br>6 7 8 9 10 11 12<br>13 14 15 16 17 18 19<br>20 21 22 23 24 25 26<br>27 28 29 30 | S M T W T F S<br>4 5 6 7 8 9 10<br>11 12 13 14 15 16 17<br>18 19 20 21 22 23 24<br>25 26 27 28 29 30 31 | S M T W T F S<br>1 2 3 4 5 6 7<br>8 9 10 11 12 13 14<br>15 16 17 18 19 20 21<br>22 23 24 25 26 27 28<br>29 30 31 | S M T W T F S<br>5 6 7 8 9 10 11<br>12 13 14 15 16 17 18<br>19 20 21 22 23 24 25<br>26 27 28 | S M T W T F S<br>5 6 7 8 9 10 11<br>12 13 14 15 16 17 18<br>19 20 21 22 23 24 25<br>26 27 28 29 30 31 | S M T W T F S<br>2 3 4 5 6 7 8<br>9 10 11 12 13 14 15<br>16 17 18 19 20 21 22<br>23 24 25 26 27 28 29 | S M T W T F S<br>1 2 3 4 5 6<br>7 8 9 10 11 12 13<br>14 15 16 17 18 19 20<br>21 22 23 24 25 26 27<br>28 29 30 31 |

Nov 21 No School PK-6 Grade  
7-12 Grade - Job Shadowing

March 23 No School PK-6 Grade  
7-12 Grade - Job Shadowing