

Ridgemont Local Schools 2023-2024 Menu

MENU #1

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

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

MENU #2

MONDAY Breakfast for Lunch Hash Brown Baked Apples Yogurt or Smoothie	TUESDAY Baked Potato/Pork/Cheese Dinner Roll/Butter Pineapple Pudding	WEDNESDAY Fiestada Pizza Carrots, Celery/Ranch Pizza Sauce Sidekick/Orange		THURSDAY Breaded Ravioli/Sauce Salad/Dressing Cheese Stick Pears	FRIDAY Cook's Choice Baked Beans/Celery/Ranch Mixed Fruit WG Cookie
--	--	---	---	---	--

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

MENU #3

MONDAY Hamburger/Cheeseburger Lettuce/Tomato Fries/Baked Beans Fruit Cup	TUESDAY Wings/Sauce Carrots & Celery/Ranch Breadstick Fresh Apple/WG Cookie	WEDNESDAY Pepperoni Stuffed Crust Broccoli/Cheese Orange Sherbet Cup	THURSDAY Walking Taco Taco Sauce or Black Bean Salsa Lettuce/Cheese Pineapple/Churro	FRIDAY Chicken Bowl/Corn Mashed Potatoes/Gravy Roll/Butter Fruit Cup
---	--	---	--	---

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

MENU #4

MONDAY Mini Corn Dogs Cheesy Potatoes Applesauce WG Cookie		TUESDAY Cook's Choice Baked Beans Pears Pudding	WEDNESDAY Pizza Ripper Pizza Sauce California Mix Apple/Sherbet	THURSDAY Spaghetti or Lasagna Salad/Dressing Garlic Toast Peaches	FRIDAY Chicken Nuggets Green Beans Mixed Fruit Rice Krispy Treat
---	--	--	--	--	---

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

MENU #5

MONDAY Chicken Wrap Salad/Dressing Baked Chips Mandarin Oranges	TUESDAY Totchos (Taco Meat, Tater Tots, Cheese & Salsa) Breadstick Pineapple	WEDNESDAY French Bread Pizza Peas/Carrots Grapes/Pizza Sauce Pudding	THURSDAY Chicken or Beef Noodle Mashed Potato Roll/Butter Peaches	FRIDAY Chicken Patty Tomato/Lettuce Green Beans Fruit Cup/WG Cookie
--	---	---	--	--

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

USDA is an equal opportunity provider and employer.

AUGUST 2023	SEPTEMBER 2023	OCTOBER 2023	NOVEMBER 2023	DECEMBER 2023	JANUARY 2024	FEBRUARY 2024	MARCH 2024	APRIL 2024	MAY 2024
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5	1 2	1 2 3 4 5 6 7	1 2 3 4	1 2	1 2 3 4 5 6	1 2 3	1 2	1 2 3 4 5 6	1 2 3 4
6 7 8 9 10 11 12	3 4 5 6 7 8 9	8 9 10 11 12 13 14	5 6 7 8 9 10 11	3 4 5 6 7 8 9	7 8 9 10 11 12 13	4 5 6 7 8 9 10	3 4 5 6 7 8 9	7 8 9 10 11 12 13	5 6 7 8 9 10 11
13 14 15 16 17 18 19	10 11 12 13 14 15 16	15 16 17 18 19 20 21	12 13 14 15 16 17 18	10 11 12 13 14 15 16	14 15 16 17 18 19 20	11 12 13 14 15 16 17	10 11 12 13 14 15 16	14 15 16 17 18 19 20	12 13 14 15 16 17 18
20 21 22 23 24 25 26	17 18 19 20 21 22 23	22 23 24 25 26 27 28	19 20 21 22 23 24 25	17 18 19 20 21 22 23	21 22 23 24 25 26 27	18 19 20 21 22 23 24	17 18 19 20 21 22 23	21 22 23 24 25 26 27	19 20 21 22 23 24 25
27 28 29 30 31	24 25 26 27 28 29 30	29 30 31	26 27 28 29 30	24 25 26 27 28 29 30	28 29 30 31	25 26 27 28 29	24 25 26 27 28 29 30	28 29 30	26 27 28 29 30 31

No School K-6 Nov 20

BREAKFAST MENU

MON	Pop Tart, Muffin or Pancake Wrap Juice or Fresh Fruit Milk
TUES	Bagel/Cream Cheese, Donut or Cereal Bar Juice or Fresh Fruit Milk
WED	Smoothie, Fruitel or Pancake Juice/Fruit Milk
THURS	Cereal Bar, Cinnamon Roll or Waffle Juice or Fresh Fruit Milk
FRI	Fruitel, Pop Tart or Muffin Juice/Orange Milk

*Free and Reduced lunch program applications are available on line at www.pyschoolscentral.com or at the welcome center.

*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

Free students receive a free breakfast

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.



www.ridgemont.k12.oh.us

Lunch Prices

K-8 Students	\$3.00
9-12 Students.....	\$3.25
Reduced Lunches	\$0.40
Adult Lunches.....	\$4.55
Milk	\$0.50

Breakfast Prices

Student	\$1.75
Reduced	\$0.30
Adult	\$3.00

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