OCTOBER 2018 Ridgeview Middle/ High

Daily Choice of:

Specialty entrée or
Italian Choice or
Chicken Sandwich or
Deli Sub or
Deli Wrap or
Chef Salad or PBJ Box
Breakfast for lunch box
Specialty Salads

3 Choices fruit offered daily:
of 1/2 Cup Canned Fruit,
Dried Fruit
Or 1 Fresh Fruit

Garden Spot Daily:
Salad or Carrots or mixed veggie cup
Must choose 1 fruit or 1 vegetable…..
Daily Choice of:
FF and 1% flavored Milk OR
1% or FF Unflavored Milk

Ridgeview Middle $0.00
Ridgeview High:
Student Lunch $2.10
Reduced Lunch $ .00
Adult Lunch $3.10

easily pay for meals at :
www.myschoolbucks .com

Phone: 276-835-1610
lsalyer@dcps.k12.va.us

USDA is an equal opportunity Provider and Employer

MENU SUBJECT TO CHANGE!

Mon	Tue	Wed	Thu	Fri
1 Bacon CheeseBurger Let, Onion, Pickles Garden Spot Baked Fries Carrots w/Dip Fruit choice Milk	2 Taco Tuesday Meat/Cheese Chips or Soft Tortilla Garden Spot Fiesta Beans Corn / Milk Fruit Choice Milk	3 Meat ball Sub Broccoli SALAD Garden Spot Baked Potato Stars Fruit Choice Milk	4 Smoke House BBQ Sub coleslaw Baked beans Garden Spot Fruit Choice Milk	5 Cuban Pork sandwich Smile Potatoes Garden Spot Fruit Choice Milk Smiley cookie
10 Hot Dog on Bun or Garden Spot Fries Baby carrots Fruit Choice Milk	11 Barbecue Rib Garden Spot veggies Baked Beans Fruit Choice Milk	12 Spaghetti Bread Stix Garden Spot Green Beans Fruit Choice Milk	13 Mini Corndogs Tots Garden Spot Soup beans / Cornbread onions Greens Fruit Choice/ Milk	14 Chicken W/Gravy Roll Mashed Potatoes Peas Garden Spot Fruit choice Milk
17 Rodeo Burger Let, Onion, Pickles Baked Fries Garden Spot Fruit choice Milk	18 Chicken Enchilada Garden Spot Fiesta Beans Corn Fruit Choice Milk	19 PO boy Fish sandwich Coleslaw Garden Spot Emoji Potatoes Fruit Choice Milk	20 Breakfast for Lunch Popcorn Chicken w/ waffles Garden Spot Sweet Potatoes Tots Fruit choice Milk	21 Smoke House BBQ Sub Mac n Cheese Baked beans Garden Spot Fruit Choice Milk
24 Hot Dog on Bun or Fries Garden Spot Fruit Choice Milk	25 Asian Chicken Chunks/w rice Breadstick Sweet Carrots Garden Spot Fruit Choice	26 Tortillini w/cheese Marinara Bread stick Green Beans Garden Spot Fruit Choice Milk	27 Mini Corndogs Tots Garden Spot Soup beans / Cornbread onions Greens Fruit Choice/ Milk	28 Chicken Fried Steak w/ gravy Roll Mashed Potatoes Garden Spot Green Beans Fruit choice Milk
29 Bacon/Cheese/Burger Let, Onion, Pickles Garden Spot Baked Fries Fruit choice Milk	30 Taco Tuesday Meat/Cheese Chips or Soft Tortilla Garden Spot Fiesta Beans Corn / Milk Fruit Choice Milk	31 Grilled Cheese Vegetable Soup Garden spot Baked Potato Tots Fruit Choice Milk Halloween treat 	MY SCHOOL BUCKS	farm to school INNOVATIVE fresh VARIETY CREATIVE chef Nurturing inspired feeding bodies dairy fueling minds nutrition caring local sources healthy friendly faces TASTY READY TO LEARN fruits dream whole grains LEAN PROTEIN FUN SOCIAL CHOICES veggies SAFE nourishing made with love school lunch lots 2 love