

**NUTRITION BAR**

Included with your meal and offered daily.  
Choose from a variety of fresh fruits or vegetables



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**Chicken Parmesan** <sup>2</sup>  
Buttered Pasta  
Mixed Veggies  
Fresh Spinach

**Chicken Nuggets** <sup>3</sup>  
Cheesy Broccoli Rice  
Steamed Beans  
Baby Carrots

**Tater Tot Nachos** <sup>4</sup>  
Spanish Rice  
Pinto Beans  
Diced Tomatoes

**Deli Sandwich** <sup>5</sup>  
Pasta Salad  
Baby Carrots

**Mini Corn Dogs** <sup>6</sup>  
Crispy Potatoes  
Golden Corn  
Grape Tomatoes

**Beef & Cheese Marinara Pasta** <sup>9</sup>  
Garlic Breadstick  
Golden Corn  
Fresh Broccoli

**Breakfast for Lunch** <sup>10</sup>  
Hash-browns  
Warm Cinnamon  
Apples

**Turkey In Gravy** <sup>11</sup>  
Dinner Roll  
Mash Potatoes  
Baby Carrots

**Sweet n Sour Chicken** <sup>12</sup>  
Brown Rice  
Glazed Carrots  
Soy Edamame

**Pizza Dippers** <sup>13</sup>  
Marinara Sauce  
Garlic Green Beans  
Garden Salad

**Breakfast for Lunch** <sup>16</sup>  
Tater Tots  
Baby Carrots

**Chicken Parmesan** <sup>17</sup>  
Buttered Pasta  
Italian Blend  
Fresh Spinach

**Pulled Pork Sandwich** <sup>18</sup>  
Swt. Pot. Waffle Fries  
Brown Baked Beans  
Chilled Peas

**Buffalo Chicken Nachos** <sup>19</sup>  
Garlic Potatoes  
Golden Corn  
Celery Sticks

**Orange Chicken** <sup>20</sup>  
Brown Rice  
Blend Veggies  
Fresh Veggies

**Mini Corn Dogs** <sup>23</sup>  
Crispy Potatoes  
Brown Baked Beans  
Grape Tomatoes

**Chicken in Gravy** <sup>24</sup>  
Dinner Roll  
Mashed Potatoes  
Baby Carrots

**Spaghetti w/ Meat Sauce** <sup>25</sup>  
Garlic Breadstick  
Blend Veggies  
Fresh Spinach

**Buffalo Chicken Sub** <sup>26</sup>  
Crispy Potatoes  
Golden Corn  
Fresh Celery

**Beef & Cheese Doritos Walking Taco** <sup>27</sup>  
Spanish Rice  
Mexi- Corn  
Chilled Peas

**Mac n Cheese** <sup>30</sup>  
Breadstick  
Steamed Peas  
Baby Carrots

**Paid, Red. Free Meal: Entrée + veggies + fruit + milk**

**Check your accounts online!**  
[www.ripon.k12.wi.us](http://www.ripon.k12.wi.us)



**The Edge**  
M-Burger Bar  
T- Mexican Fiesta  
W-Soup & Salad  
Th-Mexican Fiesta  
F-Breakfast For Lunch

**The Hot Spot**  
Selection of Cheese Burger, Chicken Patty, or Daily Hot Sandwich

**A La Carte**  
Extra entrees, beverages, and sweet or savory snacks are available for purchase every day.

**The Hot Spot**  
Home made pizza by the slice, with a variety of toppings.

**GOOD to GO**  
Grab n Go Sandwiches, PB & Jelly, Yogurt Parfaits, and Salads

**Menu Key:** FP = Fresh Pick • WG = Whole Grain

