

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

Buttered Pasta
Mixed Veggies
Fresh Spinach

Chicken Nuggets

Cheesy Broccoli Rice
Steamed Beans
Baby Carrots

Tater Tot Nachos

Spanish Rice
Pinto Beans
Diced Tomatoes

Deli Sandwich

Pasta Salad
Baby Carrots

Mini Corn Dogs

Crispy Potatoes
Golden Corn
Grape Tomatoes

Beef & Cheese Marinara Pasta

Garlic Breadstick
Golden Corn
Fresh Broccoli

Breakfast for Lunch

Hash-browns
Warm Cinnamon
Apples

Turkey In Gravy

Dinner Roll
Mash Potatoes
Baby Carrots

Sweet n Sour Chicken

Brown Rice
Glazed Carrots
Soy Edamame

Pizza Dippers

Marinara Sauce
Garlic Green Beans
Garden Salad

Breakfast for Lunch

Tater Tots
Baby Carrots

Chicken Parmesan

Buttered Pasta
Italian Blend
Fresh Spinach

Pulled Pork Sandwich

Swt. Pot. Waffle Fries
Brown Baked Beans
Chilled Peas

Buffalo Chicken Nachos

Garlic Potatoes
Golden Corn
Celery Sticks

Orange Chicken

Brown Rice
Blend Veggies
Fresh Veggies

Mini Corn Dogs

Crispy Potatoes
Brown Baked Beans
Grape Tomatoes

Chicken in Gravy

Dinner Roll
Mashed Potatoes
Baby Carrots

Spaghetti w/ Meat Sauce

Garlic Breadstick
Blend Veggies
Fresh Spinach

Buffalo Chicken Sub

Crispy Potatoes
Golden Corn
Fresh Celery

Beef & Cheese Doritos Walking Taco

Spanish Rice
Mexi- Corn
Chilled Peas

Mac n Cheese

Breadstick
Steamed Peas
Baby Carrots

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

**Check your accounts online!
www.ripon.k12.wi.us**



FRESH PICKS

Specials

World Flavors

GOOD to GO

Keep track of your families accounts and make payments, just log-in to Infinite Campus

Monday:
Tuesday:
Wednesday:
Thursday:
Friday:

Pizza
Burger
Subs
Mexican Fiesta
Texas BBQ

Customize meals your way and add fruits, veggies, and milk to make a meal.

Grab n Go sandwiches, PB & Jelly, Yogurt parfaits, and Salads

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

A'viands
an elior company