


January 2010

RIDGEDALE JR/SR HIGH

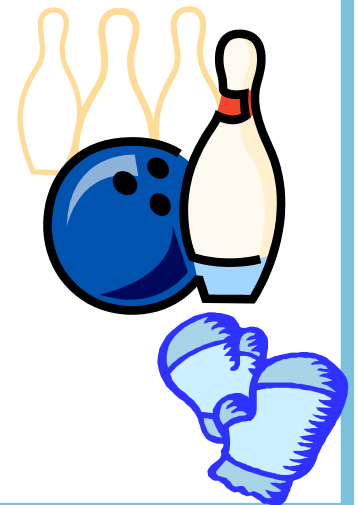


Monday	Tuesday	Wednesday	Thursday	Friday
ALL MENUS ARE SUBJECT TO CHANGE 				1 HAPPY NEW YEAR
4 Chic. Strips Mac & Cheese Peas Fruit Milk *BBQ Rib/Pizza	5 Cheeseburger Fries Fruit Milk *Jammers/Chic Patty	6 Salisbury Steak M. Potatoes/Gravy Roll Fruit Milk *Mozz Stix/Pizza	7 Chicken Wrap Chips/Salsa Fruit Milk *Power Slice/Hot Pkt	8 Soft Taco (lettuce, Cheese) Refried Beans Fruit Milk *Variety
11 Spaghetti Salad Breadstick Fruit Milk *Chic. Patty/Pizza	12 Loaded Potato Salad Fruit Milk *Corn Dog/Flatbread	13 ROCKET Potato Bowl Roll Fruit Milk *BBQ Pork/Pizza	14 SW/SR Chicken Veggies/Rice Fortune Cookie Eggroll Fruit Milk *Sub/Big Daddy	15 Chili Grilled Cheese Corn Fruit Milk *Variety
18 NO SCHOOL	19 Rocket Boat Peas Fruit Milk *Sloppy Joe/Quesadilla	20 Beef Noodles Mash Potato Roll Fruit Milk *Hot Pocket/Pizza	21 Chicken Patty Green Beans Fruit Milk *Nachos/L. Caesars	22 Breakfast Variety Hashbrown Egg Patty Juice Milk *Variety
25 Pizza Pasta Salad Breadstick Fruit Milk *Chic. Strips/Pizza	26 Italian Chicken Fries Fruit Milk *Burger/Stromboli	27 Chicken Noodles Mash Potato Bread/Butter Fruit Milk *BBQ Beef/Pizza	28 Shredded Chicken Fries Fruit Milk *Variety	29 COOKS CHOICE

News
EXAMS---
Jan. 11-13



GO
ROCKETS!



* DENOTES BUILD-YOUR-OWN MEAL