



December RIDGEWOOD

2021

Ridge & Somerville School

Also see our **Gluten-Free** menu!



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



			1	2	3
			<ul style="list-style-type: none"> • Teriyaki Chicken w/ Rice & Broccoli • Hebrew National Hot Dog on a Bun • Grilled Chicken Bowl w/ Rice & Veggies 	<ul style="list-style-type: none"> • Local Pizzeria Pizza • Fiesta Bowl: Mexican Rice w/ Seasoned Beef & Tortilla Chips • Mexican Rice w/ Black Beans & Cheddar Cheese 	<ul style="list-style-type: none"> • Boneless Chicken Wings w/ Dipping Sauce • Organic Lentil Soup w/ Veggies & Brown Rice • Paris Café: Assorted Fresh Fruit, Cheese & Mini Croissant
6	7	8	9	10	11
<ul style="list-style-type: none"> • Baked Ziti Parmesan (made w/ Barilla Pasta) & Garlic Bread • The Wild West: Ham & Cheese Roll-Ups 	<ul style="list-style-type: none"> • Popcorn Chicken & Waffles • Maroon Cheeseburger • Maroon Hamburger • All-American: Roasted Turkey Roll-Ups 	<ul style="list-style-type: none"> • Homemade Pizza Bagel • Hebrew National Hot Dog on a Bun • Grilled Cheese Sandwich 	<ul style="list-style-type: none"> • Local Pizzeria Pizza • All White Meat Chicken Tenders • Whole Grain French Toast w/ Applesauce 	<ul style="list-style-type: none"> • All Natural Meatballs w/ Marinara Sauce & Buttered Noodles • Organic Grilled Cheese Sandwich on Whole Wheat • Paris Café: Assorted Fresh Fruit, Cheese & Mini Croissant 	
13	14	15	16	17	
<ul style="list-style-type: none"> • Homemade Tomato Soup w/ Grilled Cheese Wedges • The Wild West: Ham & Cheese Roll-Ups 	<ul style="list-style-type: none"> • Grilled Chicken Bowl w/ Rice & Veggies • Maroon Cheeseburger • Maroon Hamburger • All-American: Roasted Turkey Roll-Ups 	<ul style="list-style-type: none"> • "Our Secret" Macaroni & Cheese • Hebrew National Hot Dog on a Bun • Turkey BLT Wrap 	<ul style="list-style-type: none"> • Local Pizzeria Pizza • Boneless Chicken Wings w/ a Buttermilk Biscuit & Honey-Glazed Carrots • Whole Grain French Toast w/ Applesauce 	<ul style="list-style-type: none"> • Beef Burrito w/ Corn Niblets • Organic Quinoa Bowl w/ Veggies • Paris Café: Assorted Fresh Fruit, Cheese & Mini Croissant 	
20	21	20	23	24	
<ul style="list-style-type: none"> • All White Meat Chicken Tenders w/ Sweet Potato Wedges • The Wild West: Ham & Cheese Roll-Ups 	<ul style="list-style-type: none"> • Breaded Chicken Filet on a Bun • Maroon Cheeseburger • Maroon Hamburger • All-American: Roasted Turkey Roll-Ups 	<ul style="list-style-type: none"> • Local Pizzeria Pizza • Whole Grain French Toast w/ Applesauce • Hebrew National Hot Dog on a Bun 	<p>Early Dismissal No Lunch Served</p>	<p>No School</p>	
27	28	29	30	31	



WINTER BREAK



A Complete Meal Includes:

Entrée w/ Protein/Grain

Fresh Seasonal Fruits & Vegetables

Hormone-Free Chocolate Milk,

Low-Fat White Milk, Skim, or Water



Available Daily: Ridgewood Grab 'n Go Bagel w/ String Cheese, Yogurt Grab 'n Go w/ Cereal, Grilled Chicken Salad w/ a Dinner Roll OR Boar's Head Sandwich

To order lunches go to Villagefreshorders.com
Questions? Please call the Food Service Director at 201-670-2800 x20593



Locally Grown McIntosh Apples

FOOD ALLERGIES

Allergy Aware menus are available for students with food allergies. For more information contact your Food Service Director or see our Food Allergy Best Practices at www.pomptonian.com.



Locally Grown Butternut Squash

Important consideration when deciding to participate in allergy-safe lunch offerings: Pomptonian's staff prepares and cooks a wide variety of meals in the Ben Franklin Middle School (BFMS) kitchen and does not have separate equipment and space for allergy-safe meal preparation. To minimize the chance for cross-contamination, the allergy-safe items that are available for pre-order, are prepared in the BFMS kitchen by trained staff with, as per the manufacturer's label, allergy-safe ingredients.