



# Ruidoso High School Menu

2015/2016

Week 3 Cycle  
 August 17-21    October 26-30  
 Jan 4 - 8        March 14 - 18

Full Paid Price \$2.75  
 Reduced Price \$ .40  
 Adult Price \$3.50

## LUNCH

### MONDAY

Beef Tacos  
 ● ●  
Good to Go  
 Chicken Chipotle Wrap  
 ● ●  
Bravo - Pizza  
 ● ●

Corn ●  
 Refried Beans ● ●  
 Spinach ●  
 Green Beans ●  
 Spanish Rice ●

### TUESDAY

Chicken Alfredo  
 ● ●  
Good to Go  
 Chef Salad w/Ham  
 ● ●  
Grille - Chicken  
 Sandwich  
 ● ●

Baked Fries ●  
 Fajita Blend ●  
 Carrots ●  
 Steamed Broccoli ●  
 Pinto Beans ● ●

### WEDNESDAY

Spaghetti  
 ● ●  
Good to Go  
 Original Hoagie  
 ● ●  
Bravo - Pizza  
 ● ●

Potato Salad ●  
 Corn ●  
 Breadstick ●  
 Italian Vegetable ●  
 Spinach ●

### THURSDAY

Mini Corn Dogs  
 ● ●  
Good to Go  
 Chef Salad w/Ham  
 ● ●  
Grille - Chili  
 Cheeseburger  
 ● ●

Tator Tots ●  
 Broccoli w/chs ●  
 Peas ●  
 Carrots ●  
 Cal Veg Blend ●

### FRIDAY

Cheeseburger  
 ● ●  
Good to Go  
 Turkey Ranch Wrap  
 ● ●  
Bravo - Pizza  
 ● ●

Baked Fries ●  
 Spinach ●  
 Corn ●  
 Carrots ●  
 Green Beans ●

## NUTRITION BAR

### MONDAY

Salad ●  
 Tomato ●  
 Diced Onion ●  
 Salsa ●  
 Cheese ●  
 Broccoli ●  
 Cauliflower ●  
 Celery ●  
 Jalapeno ●  
 Sour Cream ●  
 Ranch/Italian ●  
 Grapes ●

Skim Milk ●  
 1% Milk ●

### TUESDAY

Salad ●  
 Tomato ●  
 Carrots ●  
 Cheese ●  
 Jalapeno ●  
 Cauliflower ●  
 Celery ●  
 Peas ●  
 Pickles ●  
 Ranch/Italian ●  
 Peaches ●

Skim Milk ●  
 1% Milk ●

### WEDNESDAY

Salad ●  
 Tomato ●  
 Carrots ●  
 Pickles ●  
 Jalapeno ●  
 Broccoli ●  
 Cauliflower ●  
 Celery ●  
 Ranch/Italian ●  
 Ketchup ●  
 Mayo - Mustard ●  
 Cataloupe ●

Skim Milk ●  
 1% Milk ●

### THURSDAY

Salad ●  
 Tomato ●  
 Carrots ●  
 Pickles ●  
 Cheese ●  
 Broccoli ●  
 Cauliflower ●  
 Celery ●  
 Ranch/Italian ●  
 Ketchup ●  
 Mayo - Mustard ●  
 Applesauce ●

Skim Milk ●  
 1% Milk ●

### FRIDAY

Salad ●  
 Tomato ●  
 Cucumbers ●  
 Pickles ●  
 Cheese ●  
 Broccoli ●  
 Cauliflower ●  
 Celery ●  
 Ranch/Italian ●  
 Ketchup ●  
 Mayo - Mustard ●  
 Honeydew ●

Skim Milk ●  
 1% Milk ●



For A Balanced Meal Get All The Dots

