



Ruidoso High School
Menu

2015/2016

Week 7 Cycle
Sept. 14 – Sept. 18 November 23-27
Feb 1-5 April 7-15

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

LUNCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Mini Corn Dogs
●●
Good to Go
Chicken Chipotle Wrap
●●
Bravo - Pizza
●●

Corn ●
Baked Fries ●
Mixed Vegetables ●
Green Beans ●
Spinach ●

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

Refried Beans ●
Mixed Vegetables ●
Carrots ●
Steamed Broccoli ●
Pinto Beans ●●

Spicy Chicken
●●
Good to Go
Original Hoagie
●●
Bravo - Pizza
●●

Potato Salad ●
Corn ●
Carrots ●
Pinto Beans ●
Brown Rice ●

Spaghetti
●●
Good to Go
Chef Salad w/Ham
●●
Grille - Chili Cheeseburger
●●

Tator Tots ●
Carrots ●
Calabacitas ●
Mashed Potatoes ●
Garlic Breadstick ●

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

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

NUTRITION BAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

Skim Milk ●
1% Milk ●

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

Skim Milk ●
1% Milk ●

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

Skim Milk ●
1% Milk ●

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

Skim Milk ●
1% Milk ●

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

Skim Milk ●
1% Milk ●



For A Balanced Meal Get All The Dots

