



# Ruidoso High School Menu

2015/2016

Week 9 Cycle

Sept. 28 – Oct. 2      Dec. 7 - Dec. 11  
Feb 15-19      April 25-29

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

## LUNCH

### MONDAY

**Chicken Nuggets**  
●●  
**Good to Go**  
Chicken Chipotle Wrap  
●●  
**Bravo - Pizza**  
●●

Carrots ●  
Baked Beans ●  
Mixed Vegetables ●  
Green Beans ●  
Mashed Potatoes w/gravy ●

### TUESDAY

**Chicken and Rice**  
●●  
**Good to Go**  
Chef Salad w/Ham  
●●  
**Grille - Chicken Sandwich**  
●●

Corn ●  
Mixed Vegetables ●  
Carrots ●  
Green Beans ●  
Roll ●

### WEDNESDAY

**Spaghetti w/Meatballs**  
●●  
**Good to Go**  
Original Hoagie  
●●  
**Bravo - Pizza**  
●●

Potato Salad ●  
Corn ●  
Carrots ●  
Italian Veg. ●  
Breadstick ●

### THURSDAY

**Red Enchiladas**  
●●  
**Good to Go**  
Chef Salad w/Ham  
●●  
**Grille - Chili Cheeseburger**  
●●

Tator Tots ●  
Carrots ●  
Calabiacitas ●  
Pinto Beans ●  
Spanish Rice ●

### 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 ●  
Sour Cream ●  
Ranch/Italian ●  
Ketchup ●  
Mayo - Mustard ●  
Cantaloupe ●

Skim Milk ●  
1% Milk ●

### THURSDAY

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

Skim Milk ●  
1% Milk ●

### FRIDAY

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

