

Student Meal Prices:

Breakfast: \$1.75

Lunch: \$3.25

Items Offered Daily:

- Big Daddy Pizza
- Regular/ Spicy Chicken Sandwich
- Salads
- Sub Sandwich/ Potato Chips
- Bean and Cheese Burrito
- Pizza Crunchers
- Wraps
- Fresh Fruit and Vegetables
- Fruit Juice

All Meals are served with a choice of milk
1% White
Fat Free Chocolate

Money may be deposited into your students meal account by sending cash or personal checks to the school's cafeteria or online using the "MyMealTime" app.

We reserve the right to make menu substitutions as necessary.

Menus for January 2020

Ripon Unified School District, Ripon High School

Monday, January 6	Tuesday, January 7	Wednesday, January 8	Thursday, January 9	Friday, January 10
No School	Cheeseburger and Tater Tots	Chicken Tenders Potato Wedges WW Roll	Chicken/ Rice burrito Refried Beans Tortilla Chips	Rotini in Meat Sauce with Breadstick
Monday, January 13	Tuesday, January 14	Wednesday, January 15	Thursday, January 16	Friday, January 17
Cheeseburger and Tater Tots	Chicken Noodle Soup with Grilled Cheese Sandwich or Breadsticks	Chicken Tenders Potato Wedges WW Roll	Chicken/ Rice burrito Refried Beans Tortilla Chips	Turkey Gravy and Mashed Potatoes w/ Hot Veggies WW Roll
Monday, January 20	Tuesday, January 21	Wednesday, January 22	Thursday, January 23	Friday, January 24
Martin Luther King Jr Day No School	Cheeseburger and Tater Tots	Chicken Tenders Potato Wedges WW Roll	Teriyaki Dippers over Rice w/ Egg Roll.	Hot and Spicy Nuggets w/ Wedges, WW Roll
Monday, January 27	Tuesday, January 28	Wednesday, January 29	Thursday, January 30	Friday, January 31
Cheeseburger and Tater Tots	Chicken Alfredo w/ Breadstick	Chicken Tenders Potato Wedges WW Roll	Orange Chicken over Rice w/ Egg Roll	Baked Chicken Leg Mashed Potatoes w/ Hot Veggies, WW Roll
Side Choices	Side Choices	Side Choices	Side Choices	Side Choices
Tater Tots Baby Carrots Veggie Bag/ Ranch Shredded Lettuce Sliced Tomatoes	Tossed Salad Baby Carrots Veggie Bag/ Ranch Steamed Broccoli Olive Cup	Caesar Side Salad Baby Carrots Veggie Bag/ Ranch Olive Cup	Refried Beans Tossed Salad Baby Carrots Veggie Bag/ Ranch	Tossed Salad Baby Carrots Veggie bag/ ranch Olive Cup

USDA Requirements:

Lunch should include 1/2 cup serving of fruit and/ or vegetable.

Sources: www.ncpublicschools.org, www.fns.usda.gov



Developed by School Nutrition Services, N.C.
Department of Public Instruction.
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