

Menus for December 2022

**RIDGEVIEW
HIGH SCHOOL**

This institution is an equal opportunity provider.
Menus are subject to change.

**Please See the Other
Page for Items that
are Available Daily**

**We wish you & your
family a warm & happy
holiday season!**

From Tanya Harter, Food Service Director
& the School Nutrition Staff at your school



eatfit wanna stay fit?
gotta eat right!



item: mayo

verdict:
beware
of the
slather!

tip: OK, it's full of calories
and fat, but some of us like mayo
on our sandwiches and that's
that. If you can do mustard
instead, great, but if you have to
have it, the secret with mayo is a
light touch: DAB, don't SLATHER!



DON'T LET THIS HAPPEN TO YOU!!!



FRED'S PALS TOLD HIM **NO ONE COULD BUY LUNCH ON THE LAST DAY BEFORE BREAK UNLESS HE OR SHE WAS DRESSED LIKE AN ELF AND BEARING GIFTS.** FRED WAS SKEPTICAL, BUT HE DECIDED **NOT TO TAKE ANY CHANCES.**

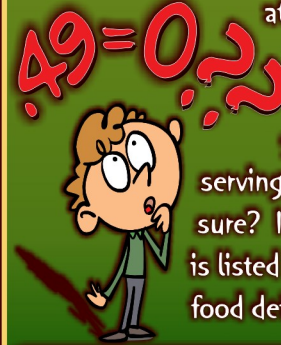
NUTRITION ANALYSIS OF THIS TYPICAL SCHOOL LUNCH COMBO:

GRILLED CHICKEN W/CHEESE
ON A WHOLE WHEAT BUN
SHREDDED LETTUCE & SLICED TOMATO
FRENCH FRIES, HOLIDAY SUGAR COOKIE
NONFAT CHOCOLATE MILK

TOTAL CALORIES: 685
CALORIES FROM PROTEIN: 26%
CAL. FROM CARBOHYDRATES: 50%
CALORIES FROM FAT: 24%
GOAL: 30% OR LESS FAT CALORIES

FUZZY MATH.

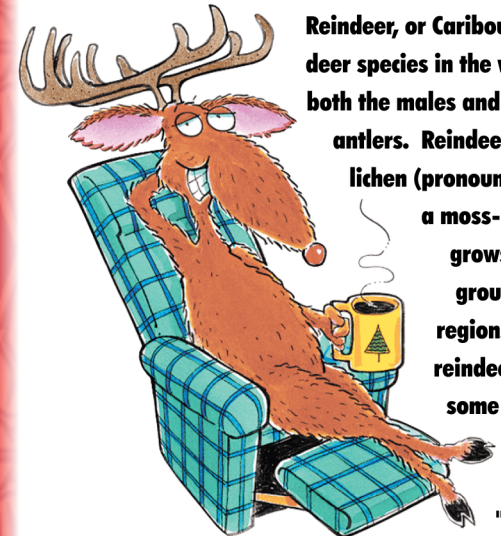
Doctors say we should try not to eat any trans fat at all. But if a food serving has less than .5 grams of trans fat, the label can claim zero grams. And if you eat 4 or 5 servings, that adds up. Want to be sure? If "partially hydrogenated" oil is listed in the ingredients, then the food definitely contains trans fat.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

\$512 BY THE NUMBERS
IN MILLIONS, THE WORLDWIDE
GROSS OF 2018'S "THE GRINCH,"
THE MOST OF ANY HOLIDAY MOVIE

LICHEN LIFE



Reindeer, or Caribou, are the only deer species in the world in which both the males and females have antlers. Reindeer eat a lot of lichen (pronounced "like-en"), a moss-like plant that grows low to the ground in Arctic regions. So when a reindeer's munching some moss, he's not just lovin' life -- he's "lichen" it, too!

ANIMAL APPETITES

Ridge View High School December 2022 Menu

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Bagel & Peanut Butter Homemade Breakfast Burrito or Breakfast Pizza	English Muffin, Bacon, Egg & Cheese Sandwich	Sausage & Pancake Sandwich or French Toast Sticks	Egg Bites or Breakfast Burritos	Egg, Sausage & Cheese Biscuit Sandwich, Fresh Baked Scone or Fresh Baked Cinnamon Roll
BREAKFAST AVAILABLE DAILY	Breakfast Items Offered Daily: Muffin Madness and BeneFit Breakfast Bar Assortment, Fresh Fruit, 100% Fruit Juice & a Choice of 1% White Milk or Nonfat Chocolate Milk				
LUNCH AVAILABLE DAILY	Lunch Items Offered Daily: Homemade Pizza, Peanut Butter & Jelly Uncrustable or Turkey & Cheese Sandwich with Chips. Available with each meal: Fresh Fruit, Veggies and a choice of 1% White Milk or Nonfat Chocolate Milk				
SPECIAL LUNCH OF THE DAY	Asian Orange Chicken over Rice Meatball Sub Sandwich	Chicken Tenderloin Strips & Tots or Double Cheeseburger	Build a Taco Bar Beef, Bean & Cheese Nacho Bowls or Chicken Quesadilla	Bosco Cheese Sticks & Marinara Sauce or a Spicy Chicken Patty on a Bun or Turkey Gravy over Mashed Pots & Roll	BBQ day Burgers or Hot Chicken Wings, Breadstick & Dip
GARDEN BAR	Apples, Oranges & Bananas Green Leaf Lettuce Tomato Slices & Carrots, Onion, Pickles & Jalapenos	Seasonal Fresh Fruit Green Leaf Lettuce Tomato Slices & Carrots, Onion, Pickles & Jalapenos	Apples, Oranges & Bananas Green Leaf Lettuce Tomato Slices & Carrots, Onion, Pickles & Jalapenos	Seasonal Fresh Fruit Green Leaf Lettuce Tomato Slices & Carrots, Onion, Pickles & Jalapenos Black Bean, Corn & Salsa	Apples, Oranges & Bananas Green Leaf Lettuce Tomato Slices & Carrots, Onion, Pickles & Jalapenos

All meals include milk, fruit and veggies. Each meal is no charge to all students. Come Join Us!

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