


















Bon Appétit! The FRidge Welcome Back

September - 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>August 29, 2022 Parent Info Fair</p> 	<p>August 30, 2022</p>	<p>August 31, 2022 First Day of School Grilled Cheese Sandwich Soup – Roasted Tomato</p> <p>Choice of Grilled Ham and Cheese or Grilled Cheese Served with Roasted Vegetables and Tossed Caesar Salad *Gluten-Free Bread Available at Chefs Window</p>  <p>Dessert – Funfetti Cupcakes</p>	<p>September 1, 2022 Back-to-School BBQ Pizza, Pizza, Pizza! Soup—Minestrone</p> <p>Choice of Cheese, Pepperoni, Hawaiian or Vegetable Pizza Served with Green Salad Two slices per person *Gluten Free Pizza Available at Chefs Window</p>  <p>Dessert—Chocolate Brownies</p>	<p>September 2, 2022 Fish Fry Day Soup – New England Style Clam Chowder</p> <p>Choice of Chicken Tenders, Baked Cod Filet, Salmon or Vegetarian Entrée Served with Fries and Tossed Caesar Salad</p>  <p>Dessert — Chewy Goopy Cookies</p>
<p>September 5, 2022 Labor Day No School</p> 	<p>September 6, 2022 South of the Border Buffet Soup—Tortilla Soup</p> <p>Flour Tortillas with Ground Beef, Grilled Chicken Breast, Roasted Vegetables, Spanish Rice, Veg. Refried Beans, Salsa, Sour Cream, Tortilla Chips, Shredded Cheese and Chef Prepared Guacamole</p>  <p>Dessert—Churros</p>	<p>September 7, 2022 New Country Buffet Soup - Chicken Noodle</p> <p>Choice of Roast Pork Loin or Barbecue Chicken. Served with Gravy, Mashed Potatoes, Roasted Vegetables, Tossed Green Salad, and Fresh Baked Dinner Roll</p>  <p>Dessert - Peach Cobbler</p>	<p>September 8, 2022 Noodle Bar Soup—Wonton Soup</p> <p>Choice of Ramen or Rice Noodles, and Grilled Chicken, Brisket, or Tofu. Served with Hot Broth, Roasted Vegetables and Various Toppings</p>  <p>Dessert—Tapioca Pudding</p>	<p>September 9, 2022 Fish Fry Day Soup – New England Style Clam Chowder</p> <p>Choice of Chicken Tenders, Baked Cod Filet, Salmon or Vegetarian Entrée Served with Fries and Tossed Caesar Salad</p>  <p>Dessert — Chewy Goopy Cookies</p>
<p>September 12, 2022 Italian Cuisine Soup—Chef's Choice</p> <p>Choice of Pasta with Vegetable Marinara, Meatballs, or Alfredo Sauce. Served with Roasted Vegetables, Garlic Bread and Tossed Caesar Salad *Gluten-Free Pasta Available at Chefs Window</p>  <p>Dessert—Tiramisu</p>	<p>September 13, 2022 Nacho Bar Soup—Chili Con Carne</p> <p>Choice of Corn and Flour Tortilla Chips with Ground Beef, Grilled Chicken Breast, or Roasted Vegetables Served with Refried Beans, Queso, Shredded Cheese, Chef Prepared Guacamole, Pico de Gallo, and Other Assorted Salsas</p> <p>Dessert—Tres Leche Cake</p>	<p>September 14, 2022 Pita Caesar Salad Soup—Chicken Noodle</p> <p>Fresh Baked Pita Bread with Topped with Tossed Caesar Salad and Choice of Chicken or Roasted Vegetables. Served with Watermelon Wedges</p>  <p>Dessert—Cheesecake</p>	<p>September 15, 2022 Japanese Cuisine Day Soup—Miso Soup</p> <p>Choice of Teriyaki Chicken Drumsticks or Nori Tofu. Served with Roasted Vegetables, Steamed Rice, and Salad</p>  <p>Dessert - Butter Mochi</p>	<p>September 16, 2022 Fish Fry Day Soup – New England Style Clam Chowder</p> <p>Choice of Chicken Tenders, Baked Cod Filet, Salmon or Vegetarian Entrée Served with Fries and Tossed Caesar Salad</p>  <p>Dessert — Chewy Goopy Cookies</p>
<p>September 19, 2022 Create-a-Sandwich & Potato Bar Soup - Roasted Tomato</p> <p>Choice of Ham, Egg Salad, or Roasted Vegetable Served with Assorted Breads and Cheeses, Lettuce, Tomato, Condiments, Green Salad, and Baked Potato Bar with All the Fixings *Gluten-Free Pasta Available at Chef Window Dessert - Lemon Bars</p>	<p>September 20, 2022 Quesadillas Soup—Green Chili</p> <p>Grilled Tortillas with Choice of Grilled Chicken Breast or Cheese Served with Roasted Vegetables, Spanish Rice, Refried Beans, Tortilla Chips Served with Guacamole and Salsa *Gluten-Free Tortillas Available at Chef Window</p> <p>Dessert – Dulce de Leche Thumbprint Cookies</p>	<p>September 21, 2022 Indian Cuisine Day Soup—Mulligatawny</p> <p>Choice of Mango Chicken Curry or Vegetarian Chickpea Curry. Served with Roasted Vegetables, Saffron Rice, and Garlic Pita</p>  <p>Dessert - Rice Pudding</p>	<p>September 22, 2022 Bahn Mi Soup - Sweet and Sour</p> <p>Choice of Lemongrass Chicken or Marinated Tofu on a Fresh Baked Baguette with Pickled Daikon and Carrot, Cucumber, Cilantro. Served Roasted Vegetables and Steamed Rice</p>  <p>Dessert - Mango Pudding</p>	<p>September 23, 2022 Fish Fry Day Soup – New England Style Clam Chowder</p> <p>Choice of Chicken Tenders, Baked Cod Filet, Salmon or Vegetarian Entrée Served with Fries and Tossed Caesar Salad</p>  <p>Dessert — Chewy Goopy Cookies</p>
<p>September 26, 2022 Mac-n-Cheese Monday Soup—Chicken Noodle</p> <p>Macaroni and Cheese with served with Caesar Salad, Roasted Vegetables, and Garlic Bread *Gluten-Free Pasta Available at Chef Window</p>  <p>Dessert – Chocolate Cream Pie</p>	<p>September 27, 2022 Soft Shell Tacos Soup—Roasted Corn Soup</p> <p>Choice of Grilled Chicken and Cheese or Refried Beans and Cheese Soft Shell Tacos. Served with Roasted Vegetables, Tortilla Chips, Chef Prepared Guacamole, and Salsa *Gluten-Free Available at the Chefs Window</p> <p>Dessert – Mexican Wedding Cookies</p>	<p>September 28, 2022 Paninis Soup—Roast Tomato</p> <p>Grilled Homemade Focaccia Bread with Choice of Chicken and Swiss, Ham and Cheddar, or Roasted Vegetable and Pepper Jack Cheese. Served with Salad and Potato Chips *Gluten-Free Available at the Chefs Window</p> <p>Dessert — Chocolate Cranberry Blondies</p>	<p>September 29, 2022 Burgers and Dogs Soup - Beef Chili</p> <p>Choice of Beef Burger, Beef Hotdog, or Field Roast Dog on a FRIDGE Bakery Bun. Served with Grilled Onions, Mushrooms, Bacon, All the Fixings, Salad, and Potato Wedges</p>  <p>Dessert - Strawberry Shortcake</p>	<p>September 30, 2022 Fish Fry Day Soup – New England Style Clam Chowder</p> <p>Choice of Chicken Tenders, Baked Cod Filet, Salmon or Vegetarian Entrée Served with Fries and Tossed Caesar Salad</p>  <p>Dessert — Chewy Goopy Cookies</p>