

# Cutten Ridgewood School District Lunch Menu

The Cutten Ridgewood School District Nutrition Services Department is dedicated to serving our students healthy and nutritious meals that meet or exceed the USDA and CDE guidelines for a complete meal. We are serving all whole grains with fresh fruits, vegetables and delicious foods they will love! Vegetarian and gluten-free options available upon request. This institution is an equal opportunity provider. For more information visit our website at [cuttensd.org](http://cuttensd.org).

## October 2021

**No charge for meals this year!**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



<b>All meals include a variety of fruits, vegetables and milk daily.</b>	<b>Menu is subject to change</b>	<b>Daily vegetarian lunch options available</b>		<u>1st</u> Corn Dog PB& J Yogurt and Muffin
<u>4th</u> Spaghetti PB& J Yogurt and Muffin	<u>5th</u> Chicken /Mashed Potatoes PB& J Yogurt and Muffin	<u>6th</u> Hamburger PB& J Yogurt and Muffin	<u>7th</u> Chicken Salad Sandwich PB& J Yogurt and Muffin	<u>8th</u> Corn Dog PB& J Yogurt and Muffin
<u>11th</u> Chicken Strips PB& J Yogurt and Muffin	<u>12th</u> Bean Burrito PB& J Yogurt and Muffin	<u>13th</u> Hamburger PB& J Yogurt and Muffin	<u>14th</u> Tuna Sandwich PB& J Yogurt and Muffin	<u>15th</u> Corn Dog PB& J Yogurt and Muffin
<u>18th</u> Chicken Strips PB& J Yogurt and Muffin	<u>19th</u> Taco Salad PB& J Yogurt and Muffin	<u>20th</u> Hamburger PB& J Yogurt and Muffin	<u>21st</u> Chicken Salad Sandwich PB& J Yogurt and Muffin	<u>22nd</u> Corn Dog PB& J Yogurt and Muffin
<u>25th</u> Chicken Strips PB& J Yogurt and Muffin	<u>26th</u> Cheese Pizza PB& J Yogurt and Muffin	<u>27th</u> Hamburger PB& J Yogurt and Muffin	<u>28th</u> Tuna Sandwich PB& J Yogurt and Muffin	<u>29th</u> Corn Dog PB& J Yogurt and Muffin