



RIDGELAND HIGH SCHOOL
JANUARY 25 - 29, 2016
WEEK 1

	Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th
Line 1	Pizza OR Cheeseburger on WG Bun w/ Lettuce / Tomato Fries Carrots w/ Dip Toss Salad w/ Dressing Applesauce Frozen Fruit Milk Choice	Spaghetti w/ Meat Sauce & WW Roll OR Pizza Veggie Dippers Creamed Potatoes Green Beans Toss Salad w/ Dressing Strawberries Fresh Fruit Milk Choice	Pizza OR Taco w/ Crispy Shell & Cheese Cup & Salsa & Sour Cream Lettuce & Diced Tomatoes Refried Beans Corn Toss Salad w/ Dressing Peaches Fresh Fruit Milk Choice	Pizza OR Chef Salad Ham & Cheese Cup Saltines Crackers & Croutons w/ Dressing Baked Beans Cole Slaw Toss Salad w/ Dressing Raisins Fresh Fruit Milk Choice	Chicken on WG Bun Lettuce & Tomato Fries Steamed Carrots Toss Salad w/ Dressing Mixed Fruit Fresh Fruit Milk Choice
Line 2	Teriyaki Chicken WW Roll Veggie Medley Carrots w/ Dip Toss Salad w/ Dressing Applesauce Frozen Fruit Milk Choice	Chicken Nuggets WW Roll Cream Potatoes Green Beans Toss Salad w/ Dressing Strawberries Fresh Fruit Milk Choice	Cheeseburger on WG Bun Lettuce & Tomato WG Chips Baked Sweet Potatoes Fries Corn Toss Salad w/ Dressing Peaches Fresh Fruit Milk Choice	BBQ Pork on WG Bun OR Fish w/ Tatar Sauce on WG Bun Baked Beans Cole Slaw Toss Salad w/ Dressing Raisins Fresh Fruit Milk Choice	Chicken on WG Bun Lettuce & Tomato Fries Steamed Carrots Toss Salad w/ Dressing Mixed Fruit Fresh Fruit Milk Choice
Line 3	Pizza OR Cheeseburger on WG Bun w/ Lettuce / Tomato Fries Carrots w/ Dip Toss Salad w/ Dressing Applesauce Frozen Fruit Milk Choice	Chicken Nuggets WW Roll Cream Potatoes Green Beans Toss Salad w/ Dressing Strawberries Fresh Fruit Milk Choice	Pizza OR Taco w/ Crispy Shell & Cheese Cup & Salsa & Sour Cream Lettuce & Diced Tomatoes Refried Beans Corn Toss Salad w/ Dressing Peaches Fresh Fruit Milk Choice	BBQ Pork on WG Bun OR Fish w/ Tatar Sauce on WG Bun Baked Beans Cole Slaw Toss Salad w/ Dressing Raisins Fresh Fruit Milk Choice	Corndog OR Bowl of Chili w/ Toasted Cheese Sandwich Fries Steamed Carrots Saltine Crackers Toss Salad w/ Dressing Mixed Fruit Fresh Fruit Milk Choice



MENU SUBJECT TO CHANGE BASED UPON AVAILABILITY OF FOOD

Students must have a lunch from home or school to be eligible to purchase the following items:

Every day: 20 oz. Bottle Water for \$1.00, Zero Sweetened Tea for \$1.00, or Switch Juice Drink for \$1.25.

Thursdays : Frozen Fruit (4.4 oz. cup of 100% fruit juice) for \$.90 and WG Choc Chip Cookie (1.85 oz.) on Fridays for \$.75.

NO CHARGING will be allowed for these items or any extra food sales. Students must follow the WC School Nutrition guidelines

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER."