




RIDGELAND HIGH SCHOOL
JANUARY 4 – 8, 2016
WEEK 1

| | Monday 4TH | Tuesday 5TH | Wednesday 6TH | Thursday 7TH | Friday 8TH |
|---------------|---|---|---|--|--|
| Line 1 |  | Pizza OR Cheeseburger on WG Bun w/ Lettuce / Tomato Fries Carrots w/ Dip Toss Salad w/ Dressing Strawberries Frozen 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 Strawberries Frozen 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 Saltines 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 Strawberries Frozen 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 Saltines 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 AVAILABILTY OF FOOD

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER."

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