






RIDGELAND HIGH SCHOOL ROTATION

JANUARY 18 – 22, 2016

Week 3

	Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd
Line 1  HOLIDAY NO SCHOOL	Pizza OR Chicken Nuggets WW Roll Steamed Carrots Broccoli / Cheese Toss Salad w/ Dressing Strawberries Fresh Fruit Milk Choice	Pizza OR Chef Salad w/ Ham & Cheese & Saltines Crackers & Croutons w/ Dressing Steamed Carrots Corn Green Beans Toss Salad w/ Dressing Spiced Apples Fresh Fruit WG Choc Chip Cookie Milk Choice	Hotdog on WG Bun w/ Chili OR Sloppy Joe on WG Bun Cole Slaw Baked Beans Fries Toss Salad w/ Dressing Peaches Fresh Fruit Milk Choice	Cheesy Bread Sticks w/ Marinara Sauce OR Chicken Noodle Soup Saltine Crackers Carrots w/ Dip Refried Beans Caesar Salad Pears Fresh Fruit Milk Choice	
Line 2 	Chef Salad w/ Ham & Cheese & Saltines Crackers & Croutons w/ Dressing OR Deli Ham & Cheese on WG Bun Mixed Veggies Steamed Carrots Toss Salad w/ Dressing Strawberries Fresh Fruit Milk Choice	Lasagna w/ WW Roll OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Corn Green Beans Toss Salad w/ Dressing Saltine Crackers Spiced Apples Fresh Fruit WG Choc Chip Cookie Milk Choice	Pizza Cole Slaw Corn Baked Beans Toss Salad w/ Dressing Peaches Fresh Fruit Milk Choice	Cheeseburger on WG Bun WG Chips Lettuce & Tomato & Onion Baked Sweet Potato Fries Carrots w/ Dip Caesar Salad Pears Fresh Fruit Milk Choice	
Line 3  HOLIDAY NO SCHOOL	Pizza OR Chicken Nuggets WW Roll Steamed Carrots Broccoli / Cheese Toss Salad w/ Dressing Strawberries Fresh Fruit Milk Choice	Lasagna w/ WW Roll OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Corn Green Beans Toss Salad w/ Dressing Saltine Crackers Spiced Apples Fresh Fruit WG Choc Chip Cookie Milk Choice	Baked Potato Bar w/ Chili & Cheese Cup Saltines Crackers & Croutons Cole Slaw Baked Beans Cherry Tomatoes & Baby Carrots w/ Dip Toss Salad w/ Dressing Peaches Fresh Fruit Milk Choice	Cheeseburger on WG Bun WG Chips Lettuce & Tomato & Onion Baked Sweet Potato Fries Carrots w/ Dip Caesar Salad Pears Fresh Fruit Milk Choice	

MENU SUBJECT TO CHANGE BASED UPON AVAILABILITY 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