



RIDGELAND HIGH SCHOOL

January 17 - 20, 2017

WEEK 1

	Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th
Line 1	 <p>Holiday No SCHOOL</p>	Cheeseburger on WG Bun w/ Lettuce / Tomato OR Pizza Fries Carrots w/ Dip Tossed Salad w/ Dressing Applesauce Frozen Fruit Milk Choice	Pizza OR Beef Taco w/ Crispy Shell & Cheese Cup & Salsa & Sour Cream Lettuce & Diced Tomatoes Refried Beans Corn Tossed Salad w/ Dressing Strawberries Fresh Fruit Milk Choice	BBQ Pork on WG Bun OR Fish w/ Tatar Sauce on WG Bun Baked Beans Cole Slaw Tossed Salad w/ Dressing Raisins Fresh Fruit Apple Crisp Milk Choice	Chicken on WG Bun Lettuce & Tomato Fries Steamed Carrots Tossed Salad w/ Dressing Mixed Fruit Fresh Fruit Milk Choice
Line 2	 <p>What's on MyPlate?</p> <p>Your tray must have at least ½ cup fruit or veggie on it.</p>	Teriyaki Chicken WG Roll Broccoli w/ Cheese Carrots w/ Dip Tossed Salad w/ Dressing Applesauce Frozen Fruit Milk Choice	Cheeseburger on WG Bun Lettuce & Tomato WG Chips Baked Sweet Potatoes Fries Corn Tossed Salad w/ Dressing Strawberries Fresh Fruit Milk Choice	Chef Salad Ham & Cheese Cup Saltines Crackers & Croutons w/ Dressing OR Pizza Baked Beans Cole Slaw Tossed Salad w/ Dressing Raisins Fresh Fruit Apple Crisp Milk Choice	Chicken on WG Bun Lettuce & Tomato Fries Steamed Carrots Tossed Salad w/ Dressing Mixed Fruit Fresh Fruit Milk Choice
Line 3	 <p>Holiday No SCHOOL</p>	Cheeseburger on WG Bun w/ Lettuce / Tomato OR Pizza Fries Carrots w/ Dip Tossed Salad w/ Dressing Applesauce Frozen Fruit Milk Choice	Pizza OR Beef Taco w/ Crispy Shell & Cheese Cup & Salsa & Sour Cream Lettuce & Diced Tomatoes Refried Beans Corn Tossed Salad w/ Dressing Strawberries Fresh Fruit Milk Choice	BBQ Pork on WG Bun OR Fish w/ Tatar Sauce on WG Bun Baked Beans Cole Slaw Tossed Salad w/ Dressing Raisins Fresh Fruit Apple Crisp Milk Choice	Corndog OR Bowl of Chili w/ Toasted Cheese Sandwich & Saltine Crackers Fries Steamed Carrots Tossed Salad w/ Dressing Mixed Fruit Fresh Fruit Milk Choice

MENU SUBJECT TO CHANGE BASED UPON AVAILABILITY OF FOOD.

EVERY STUDENT'S TRAY MUST AT LEAST HAVE ½ CUP OF FRUIT OR VEGGIE ON IT

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.