









# RIDGELAND HIGH SCHOOL

## JANUARY 4 - 6, 2017

### WEEK 2

	Monday	Tuesday	Wednesday 4th	Thursday 5th	Friday 6th
<b>Line 1</b>			Quesadilla w/ Sour Cream & Salsa OR Chicken on WG Bun Lettuce & Tomatoes Refried Beans Fries Toss Salad w/ Dressing Croutons/Saltine Crackers Raisins Fresh Fruit Milk Choice	Corndog OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Corn Cole Slaw Baked Beans Toss Salad w/ Dressing Dried Fruit Fresh Fruit Milk Choice	Turkey & Cheese on WG Bun OR Cheeseburger on WG Bun WG Chips Lettuce & Tomato Baked Sweet Potato Fries Veggie Dippers w/ Ranch Dressing Toss Salad w/ Dressing Peaches Fresh Fruit Milk Choice
<b>Line 2</b>	 <p>What's on MyPlate?</p> <p>Every Student's lunch tray must have at least ½ cup fruit or veggie on it.</p>		Chef Salad w/ Ham and Cheese Saltines Crackers & Croutons w/ Dressing OR Pizza Corn Green Beans Toss Salad w/ Dressing Raisins Fresh Fruit Milk Choice	Deli Ham & Cheese on WG Bun w/ WG Chips & Lettuce & Tomato OR Pizza Baked Beans Corn Toss Salad w/ Dressing Dried Fruit Fresh Fruit Milk Choice	Turkey & Cheese on WG Bun OR Cheeseburger on WG Bun WG Chips Lettuce & Tomato Baked Sweet Potato Fries Veggie Dippers w/ Ranch Dressing Toss Salad w/ Dressing Peaches Fresh Fruit Milk Choice
<b>Line 3</b>			Quesadilla w/ Sour Cream & Salsa OR Chicken on WG Bun Lettuce & Tomatoes Refried Beans Fries Toss Salad w/ Dressing Croutons/Saltine Crackers Raisins Fresh Fruit Milk Choice	Corndog OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Corn Cole Slaw Baked Beans Toss Salad w/ Dressing Dried Fruit Fresh Fruit Milk Choice	Pizza OR Vegetable Beef Soup w/ Grilled Cheese Sandwich & Saltine Crackers Corn Baked Sweet Potato Fries Veggie Dippers w/ Ranch Dressing Toss Salad w/ Dressing Peaches 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.



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