



# RIDGLEAND HIGH SCHOOL

## August 14 - 18, 2017



### WEEK 2

	Monday 14th	Tuesday 15th	Wednesday 16th	Thursday 17th	Friday 18th
<b>Line 1</b>	Pizza OR Burrito w/ Cheese Cup w/ Salsa & Sour Cream Lettuce & Diced Tomatoes Refried Beans Carrots w/ Dip Caesar Salad Applesauce Frozen Fruit Milk Choice	Mac & Cheese Pintos Beans OR Black-eyed Peas Okra Cole Slaw Sweet Potatoes Toss Salad w/ Dressing Cornbread Dried Mixed Fruit Fresh Fruit Ice Cream Milk Choice	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 Mixed Fruit Fresh Fruit Milk Choice	Turkey & Cheese on WG Bun OR Cheeseburger on WG Bun WG Chips Lettuce, Tomato & Onions Baked Sweet Potato Fries Veggie Dippers w/ Ranch Dressing Toss Salad w/ Dressing Pears Fresh Fruit Milk Choice
<b>Line 2</b>	Chicken Pot Pie WG Roll Green Beans Carrots w/ Dip Caesar Salad Applesauce Frozen Fruit Milk Choice	Deli Ham & Cheese on WG Bun w/ Lettuce & Tomato OR Pizza OR BBQ on WG Bun Baked Beans Cole Slaw Carrots w/ Dip Toss Salad w/ Dressing Dried Mixed Fruit Fresh Fruit Ice Cream Milk Choice	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 Mixed Fruit Fresh Fruit Milk Choice	Pizza Corn Baked Sweet Potato Fries Veggie Dippers w/ Ranch Dressing Toss Salad w/ Dressing Pears Fresh Fruit Milk Choice
<b>Line 3</b>	Ham & Cheese on WG Bun WG Chips Lettuce & Tomato Green Beans Carrots w/ Dip Caesar Salad Applesauce Frozen Fruit Milk Choice	Mac & Cheese Pintos Beans OR Black-eyed Peas Okra Cole Slaw Sweet Potatoes Toss Salad w/ Dressing Cornbread Dried Mixed Fruit Fresh Fruit Ice Cream Milk Choice	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 Mixed Fruit Fresh Fruit Milk Choice	Turkey & Cheese on WG Bun OR Cheeseburger on WG Bun WG Chips Lettuce, Tomato & Onions Baked Sweet Potato Fries Veggie Dippers w/ Ranch Dressing Toss Salad w/ Dressing Pears Fresh Fruit Milk Choice

**MENU SUBJECT TO CHANGE BASED UPON AVAILABILITY OF FOOD.**

**Every Student's lunch tray must have at least  
1/2 cup 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.