




RIDGELAND HIGH SCHOOL

JANUARY 15 -19, 2018



Week 3

	Monday 15th	Tuesday 16th	Wednesday 17th	Thursday 18th	Friday 19th
Line 1	 NO SCHOOL HOLIDAY	Chicken Nuggets w/ WG Roll OR Cheeseburger w/ Cheeseburger w/ WG Chips Lettuce, Tomato & Onions Steamed Carrots Broccoli w/ Cheese Toss Salad w/ Dressing Strawberries Fresh Fruit Milk Choice	Spaghetti w/ Meat Sauce & WG Roll OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Corn Green Beans Toss Salad w/ Dressing Mixed Fruit Fresh Fruit WG Choc Chip Cookie Milk Choice	Hotdog on WG Bun w/ Chili OR Chili w/ Grilled Cheese Sandwich Cole Slaw Fries 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 Baked Beans Carrots w/ Dip Caesar Salad Pears Fresh Fruit Milk Choice
Line 2	 NO SCHOOL HOLIDAY	Pizza OR Ham & Cheese on WG Bun Steamed Carrots Broccoli w/ Cheese Toss Salad w/ Dressing Strawberries Fresh Fruit Milk Choice	Pizza OR Chef Salad w/ Ham & Cheese & Saltines Crackers & Croutons w/ Dressing Corn Green Beans Toss Salad w/ Dressing Mixed Fruit Fresh Fruit WG Choc Chip Cookie Milk Choice	Baked Potato Bar w/ Chili & Cheese Cup, Sour Cream & Saltine Crackers & Croutons OR Pizza Cole Slaw Cherry Tomatoes & Baby Carrots w/ Dip Toss Salad w/ Dressing Peaches Fresh Fruit Milk Choice	Cheesy Bread Sticks w/ Marinara Sauce OR Cheesy Bread Sticks w/ Chicken Noodle Soup & Saltine Crackers Carrots w/ Dip Refried Beans Caesar Salad Pears Fresh Fruit Milk Choice
Line 3	 NO SCHOOL HOLIDAY	Chicken Nuggets w/ WG Roll OR Cheeseburger w/ WG Chips Lettuce, Tomato & Onions Steamed Carrots Broccoli w/ Cheese Toss Salad w/ Dressing Strawberries Fresh Fruit Milk Choice	Spaghetti w/ Meat Sauce & WG Roll OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Corn Green Beans Toss Salad w/ Dressing Mixed Fruit Fresh Fruit WG Choc Chip Cookie Milk Choice	Hotdog on WG Bun w/ Chili OR Chili w/ Grilled Cheese Sandwich Cole Slaw Fries 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 Baked Beans 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.**

**EVERY STUDENT'S LUNCH TRAY MUST HAVE
1/2 CUP OF FRUIT OR VEGETABLE ON IT.**

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.

