



RIDGELAND HIGH SCHOOL



MARCH 11 - 15, 2019

Week 3

	Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th
Line 1	Chef Salad w/ Ham & Cheese & Saltines Crackers & Croutons w/ Dressing OR Pizza Refried Beans Steamed Carrots Toss Salad w/ Dressing Applesauce Frozen Fruit Milk Choice	Chicken Nuggets OR Turkey Roast w/ Gravy WG Roll Mixed Veggies 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 Blueberries Fresh Fruit WG Choc Chip Cookie Milk Choice	Hotdog on WG Bun w/ Chili OR Sloppy Joe on WG Bun Cole Slaw Fries Cherry Tomatoes & Baby Carrots w/ Dip Toss Salad w/ Dressing Apricots Fresh Fruit Milk Choice	Taco Soup w/ Tortilla Chips & Cheesy Bread Sticks Cheese Cup & Sour Cream Carrots w/ Dip Caesar Salad Pears Fresh Fruit Milk Choice
Line 2	Chicken Fajita w/ Cheese Cup Salsa and Sour Cream Lettuce & Diced Tomatoes Refried Beans Steamed Carrots Toss Salad w/ Dressing Saltines Crackers/Croutons Applesauce Frozen Fruit Milk Choice	Pizza OR Ham & Cheese on WG Bun Mixed Veggies 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 Blueberries 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 Apricots Fresh Fruit Milk Choice	Cheeseburger on WG Bun WG Chips Lettuce & Tomato & Onion OR Pizza Baked Sweet Potato Fries Baked Beans Carrots w/ Dip Caesar Salad Pears Fresh Fruit Milk Choice
Line 3	Hot Ham & Cheese on WG Bun WG Chips Refried Beans Steamed Carrots Toss Salad w/ Dressing Applesauce Frozen Fruit Milk Choice	Chicken Nuggets OR Turkey Roast w/ Gravy WG Roll Mixed Veggies 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 Blueberries Fresh Fruit WG Choc Chip Cookie Milk Choice	Hotdog on WG Bun w/ Chili OR Sloppy Joe on WG Bun Cole Slaw Fries Cherry Tomatoes & Baby Carrots w/ Dip Toss Salad w/ Dressing Apricots Fresh Fruit Milk Choice	Taco Soup w/ Tortilla Chips & Cheesy Bread Sticks Cheese Cup & Sour Cream 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 TRAY MUST AT LEAST
1/2 CUP FRUIT OR VEGGIE 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

Fridays: WG Choc Chip Cookie (1.85 oz.) for \$.75.

NO CHARGING will be allowed for these items or any extra food sales.

Students must follow the WC School Nutrition guidelines.



School Payments Made Easy

From the cafeteria to the classroom, pay
anytime, anywhere from your computer or
smartphone at walkerschools.org

