



RIDGELAND HIGH SCHOOL

October 30-31, 2017

WEEK 1



	Monday 30th	Tuesday 31st	Wednesday	Thursday	Friday
Line 1	Cheeseburger on WG Bun Lettuce / Tomato OR Pizza Fries Carrots w/ Dip Tossed Salad w/ Dressing Applesauce Frozen Fruit Milk Choice	Chicken Nuggets Green beans Creamed potatoes Toss Salad w/ Dressing Strawberries Fresh Fruit WG Roll Milk Choice			
Line 2	Teriyaki Chicken WG Roll Broccoli w/ Cheese Carrots w/ Dip Tossed Salad w/ Dressing Applesauce Frozen Fruit Milk Choice	Lasagna w/ WG Roll OR Pizza Veggie Dippers Green Beans Creamed Potatoes Toss Salad w/ Dressing Strawberries Fresh Fruit Milk Choice			
Line 3	Cheeseburger on WG Bun Lettuce / Tomato OR Pizza Fries Carrots w/ Dip Tossed Salad w/ Dressing Applesauce Frozen Fruit Milk Choice	Chicken Nuggets Green beans Creamed potatoes Toss Salad w/ Dressing Strawberries Fresh Fruit WG Roll 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.