



RIDGELAND HIGH SCHOOL



OCTOBER 15 - 19, 2018

Week 3

	Monday 15th	Tuesday 16th	Wednesday 17th	Thursday 18th	Friday 19th
	HAPPY NATIONAL LUNCH WEEK				Special Olympics Day
Line 1	Pizza OR Chef Salad w/ Ham & Cheese & Saltines Crackers & Croutons w/ Dressing Refried Beans Steamed Carrots Toss Salad w/ Dressing Applesauce Frozen Fruit Milk Choice	Chicken Nuggets OR Pork 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	Pizza OR Taco Soup W/ Tortilla Chips & Cheesy Bread Sticks Cherry Tomatoes & Baby Carrots w/ Dip Refried Beans Toss Salad w/ Dressing Peaches Fresh Fruit Milk Choice	Hotdog on WG Bun w/ Chili OR Cheeseburger on WG Bun Lettuce & Tomato & Onion Cole Slaw Carrots w/ Dip Applesauce 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	Pizza Chips Corn Baked Beans Carrots w/ Dip Applesauce Fresh Fruit Milk Choice	Baked Potato Bar w/ Chili & Cheese Cup, Sour Cream & Saltine Crackers & Croutons OR Turkey & Cheese on WG Bun w/ Fries, Lettuce & Tomato Cherry Tomatoes & Baby Carrots w/ Dip Toss Salad w/ Dressing Cole Slaw Peaches 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 Pork 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	Pizza OR Taco Soup W/ Tortilla Chips & Cheesy Bread Sticks Cherry Tomatoes & Baby Carrots w/ Dip Refried Beans Toss Salad w/ Dressing Peaches Fresh Fruit Milk Choice	Hotdog on WG Bun w/ Chili OR Cheeseburger on WG Bun Lettuce & Tomato & Onion Cole Slaw Carrots w/ Dip Applesauce 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.



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