



RIDGLEAND HIGH SCHOOL

SEPTEMBER 25 - 29, 2017



WEEK 2

	Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th
Line 1	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
Line 2	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
Line 3	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.