



RIDGELAND HIGH SCHOOL

SPETEMBER 2 - 6, 2019



WEEK 2

	Monday 2 nd	Tuesday 3 rd	Wednesday 4 th	Thursday 5 th	Friday 6 th
Line 1	 HOLIDAY NO SCHOOL	Pizza OR Hot Ham & Cheese on WG Bun w/ WG Chips Corn Steamed Carrots Toss Salad w/ Dressing Applesauce Frozen Fruit Milk Choice	Quesadilla w/ Sour Cream & Salsa OR Chicken on WG Bun Lettuce & Tomatoes Refried Beans Fries Toss Salad w/ Dressing Croutons / Saltine Crackers Peaches Fresh Fruit Milk Choice	Taco Bake WG Roll Baked Sweet Potato Fries Veggie Dippers w/ Ranch Dressing Toss Salad w/ Dressing Spiced Apples Fresh Fruit Milk Choice	Corndog OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Corn Cole Slaw Baked Beans Toss Salad w/ Dressing Pears Fresh Fruit Milk Choice
Line 2	 HAPPY LABOR DAY	Chicken Pot Pie WG Roll Green Beans Steamed Carrots Toss Salad w/ Dressing Applesauce Frozen Fruit Milk Choice	Chef Salad w/ Ham and Cheese Saltines Crackers & Croutons w/ Dressing OR Pizza Corn Green Beans Toss Salad w/ Dressing Peaches 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 Spiced Apples Fresh Fruit Milk Choice	Deli Ham & Cheese on WG Bun w/ WG Chips Lettuce & Tomato OR Pizza Baked Beans Corn Toss Salad w/ Dressing Pears Fresh Fruit Milk Choice
Line 3	 HOLIDAY NO SCHOOL	Chicken Fajita w/ Cheese Cup Refried Beans Salsa and Sour Cream Lettuce & Diced Tomatoes Corn Steamed Carrots Toss Salad w/ Dressing Saltines Crackers/Croutons Applesauce Frozen Fruit Milk Choice	Quesadilla w/ Sour Cream & Salsa OR Chicken on WG Bun Lettuce & Tomatoes Refried Beans Fries Toss Salad w/ Dressing Croutons / Saltine Crackers Peaches Fresh Fruit Milk Choice	Taco Bake WG Roll Baked Sweet Potato Fries Veggie Dippers w/ Ranch Dressing Toss Salad w/ Dressing Spiced Apples Fresh Fruit Milk Choice	Corndog OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Corn Cole Slaw Baked Beans Toss Salad w/ Dressing Pears Fresh Fruit Milk Choice

MENU SUBJECT TO CHANGE BASED UPON AVAILABILITY OF FOOD.

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

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



**EVERY STUDENT'S TRAY MUST AT LEAST
1/2 CUP FRUIT OR VEGGIE ON IT**



NEW

Have you submitted your child's Free/Reduced application yet? You can fill it out on line. It is easy and fast. Go to www.myschoolapps.com



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