



RIDGELAND HIGH SCHOOL

SEPTEMBER 23 - 27, 2019



WEEK 2

	Monday 23rd	Tuesday 24 th	Wednesday 25 th	Thursday 26 th	Friday 27 th
Line 1	Pizza OR Hot Ham & Cheese on WG Bun w/ WG Chips Corn Steamed Carrots Toss Salad w/ Dressing Applesauce Frozen Fruit Milk Choice	Cheesy Mac & Cheese Pintos Beans OR Black-eyed Peas Okra Cole Slaw Sweet Potatoes Cornbread Strawberries 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 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	Chicken Pot Pie WG Roll Green Beans Steamed Carrots Toss Salad w/ Dressing Applesauce Frozen Fruit Milk Choice	Deli Ham & Cheese on WG Bun w/ Lettuce & Tomato OR Pizza Baked Beans Cole Slaw Carrots w/ Dip Strawberries 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 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	Chicken Fajita w/ Cheese Cup & Sour Cream Lettuce & Diced Tomatoes Corn Salsa Steamed Carrots Toss Salad w/ Dressing Saltines Crackers/Croutons Applesauce Frozen Fruit Milk Choice	Cheesy Mac & Cheese Pintos Beans OR Black-eyed Peas Okra Cole Slaw Sweet Potatoes Cornbread Strawberries 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 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



School Payments Made Easy

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