



# RIDGELAND HIGH SCHOOL

## SPETEMBER 30, 2019



Week 3

|               | <b>Monday 30<sup>th</sup></b>  | <b>Tuesday OCT. 1<sup>st</sup></b>   | <b>Wednesday OCT. 2<sup>nd</sup></b>  | <b>Thursday OCT. 3<sup>rd</sup></b>  | <b>Friday OCT. 4<sup>th</sup></b>   |
|---------------|--|--|---|--|---|
| <b>Line 1</b> | Sweet and Sour Chicken on Rice<br>WG Roll<br>Green Beans<br>Carrots w/ Dip<br>Caesar Salad<br>Applesauce<br>Frozen Fruit<br>Milk Choice                    | Chicken Nuggets<br><b>OR</b><br>Turkey sliced w/ Gravy<br>WG Roll<br>Mixed Veggies<br>Broccoli w/ Cheese<br>Toss Salad w/ Dressing<br>Mixed Fruit Fresh Fruit<br>Milk Choice   | Hotdog on WG Bun w/ Chili<br><b>OR</b><br>Burrito w/ Salsa & Sour Cream<br>Cole Slaw Fries<br>Cherry Tomatoes & Baby Carrots w/ Dip<br>Refried Beans<br>Toss Salad w/ Dressing<br>Strawberries Fresh Fruit<br>WG Choc Chip Cookie<br>Milk Choice      | Spaghetti w/ Meat Sauce & WG Roll<br><b>OR</b><br>Fish Nuggets w/ Hushpuppies & Tartar Sauce<br>Corn Green Beans<br>Toss Salad w/ Dressing<br>Peaches Fresh Fruit<br>Milk Choice | Taco Soup w/ Cheese Cup & Tortilla Chips & Cheesy Bread & Sour Cream<br>Sweet Potato Fries<br>Caesar Salad<br>Pears Fresh Fruit<br>Milk Choice  |
| <b>Line 2</b> | Ham & Cheese on WG Bun<br>WG Chips<br>Lettuce & Tomato<br><b>OR</b><br>Pizza<br>Green Beans<br>Carrots w/ Dip<br>Applesauce<br>Frozen Fruit<br>Milk Choice | Pizza<br><b>OR</b><br>Ham & Cheese on WG Bun w/ Lettuce & Tomato<br>Mixed Veggies<br>Broccoli w/ Cheese<br>Toss Salad w/ Dressing<br>Mixed Fruit<br>Fresh Fruit<br>Milk Choice | Baked Potato Bar w/ Chili & Cheese Cup, Sour Cream & Saltine Crackers & Croutons<br><b>OR</b> Pizza<br>Cole Slaw<br>Cherry Tomatoes & Baby Carrots w/ Dip<br>Toss Salad w/ Dressing<br>Strawberries Fresh Fruit<br>WG Choc Chip Cookie<br>Milk Choice | Pizza<br><b>OR</b><br>Chef Salad w/ Ham & Cheese & Saltines Crackers & Croutons w/ Dressing<br>Corn Green Beans<br>Toss Salad w/ Dressing<br>Peaches Fresh Fruit<br>Milk Choice  | Cheeseburger on WG Bun<br><b>OR</b><br>Turkey & Cheese on WG Bun<br>WG Chips<br>Lettuce & Tomato & Onion<br>Sweet Potato Fries<br>Baked Beans<br>Caesar Salad<br>Pears Fresh Fruit<br>Milk Choice |
| <b>Line 3</b> | Sweet and Sour Chicken on Rice<br>WG Roll<br>Green Beans<br>Carrots w/ Dip<br>Caesar Salad<br>Applesauce<br>Frozen Fruit<br>Milk Choice                    | Chicken Nuggets<br><b>OR</b><br>Turkey sliced w/ Gravy<br>WG Roll<br>Mixed Veggies<br>Broccoli w/ Cheese<br>Toss Salad w/ Dressing<br>Mixed Fruit Fresh Fruit<br>Milk Choice   | Hotdog on WG Bun w/ Chili<br><b>OR</b><br>Burrito w/ Salsa & Sour Cream<br>Cole Slaw Fries<br>Cherry Tomatoes & Baby Carrots w/ Dip<br>Refried Beans<br>Toss Salad w/ Dressing<br>Strawberries Fresh Fruit<br>WG Choc Chip Cookie<br>Milk Choice      | Spaghetti w/ Meat Sauce & WG Roll<br><b>OR</b><br>Fish Nuggets w/ Hushpuppies & Tartar Sauce<br>Corn Green Beans<br>Toss Salad w/ Dressing<br>Peaches Fresh Fruit<br>Milk Choice | Taco Soup w/ Cheese Cup & Tortilla Chips & Cheesy Bread & Sour Cream<br>Sweet Potato Fries<br>Caesar Salad<br>Pears Fresh Fruit<br>Milk Choice  |

**MENU SUBJECT TO CHANGE BASED UPON AVAILABILITY OF FOOD. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.**

**EVERY STUDENT'S LUNCH TRAY MUST HAVE 1/2 CUP OF FRUIT OR VEGETABLE 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 and WG Choc Chip Cookie (1.85 oz.) on **Fridays** for \$.75.

**School Payments Made Easy**  
 From the cafeteria to the classroom, pay anytime, anywhere from your computer or smartphone at [walkerschools.org](http://walkerschools.org)

**NO CHARGING** will be allowed for these items or any extra food sales. **Students must follow the WC School Nutrition guidelines.**