



RIDGELAND HIGH SCHOOL

SPETEMBER 9 - 13, 2019



Week 3

	Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th
Line 1	Sweet and Sour Chicken on Rice WG Roll Green Beans Carrots w/ Dip Caesar Salad Applesauce Frozen Fruit Milk Choice	Chicken Nuggets OR Turkey sliced w/ Gravy WG Roll Mixed Veggies Broccoli w/ Cheese Toss Salad w/ Dressing Mixed Fruit Fresh Fruit Milk Choice	Hotdog on WG Bun w/ Chili OR Burrito w/ Salsa & Sour Cream Cole Slaw Fries Cherry Tomatoes & Baby Carrots w/ Dip Toss Salad w/ Dressing Strawberries Fresh Fruit WG Choc Chip Cookie Milk Choice	Spaghetti w/ Meat Sauce & WG Roll OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Corn Green Beans Toss Salad w/ Dressing Peaches Fresh Fruit Milk Choice	Taco Soup w/ Cheese Cup & Tortilla Chips & Cheesy Bread Stick & Sour Cream Sweet Potato Fries Caesar Salad Pears Fresh Fruit Milk Choice
Line 2	Ham & Cheese on WG Bun WG Chips Lettuce & Tomato OR Pizza Green Beans Carrots w/ Dip Caesar Salad Applesauce Frozen Fruit Milk Choice	Pizza OR Ham & Cheese on WG Bun w/ Lettuce & Tomato Mixed Veggies Broccoli w/ Cheese Toss Salad w/ Dressing Mixed Fruit Fresh Fruit Milk Choice	Baked Potato Bar w/ Chili & Cheese Cup, Sour Cream & Saltine Crackers & Croutons OR Pizza Cole Slaw Cherry Tomatoes & Baby Carrots w/ Dip Toss Salad w/ Dressing Strawberries Fresh Fruit WG Choc Chip Cookie Milk Choice	Pizza OR Chef Salad w/ Ham & Cheese & Saltines Crackers & Croutons w/ Dressing Corn Green Beans Toss Salad w/ Dressing Peaches Fresh Fruit Milk Choice	Cheeseburger on WG Bun OR Turkey & Cheese on WG Bun WG Chips Lettuce & Tomato & Onion Sweet Potato Fries Baked Beans Caesar Salad Pears Fresh Fruit Milk Choice
Line 3	Sweet and Sour Chicken on Rice WG Roll Green Beans Carrots w/ Dip Caesar Salad Applesauce Frozen Fruit Milk Choice	Chicken Nuggets OR Turkey sliced w/ Gravy WG Roll Mixed Veggies Broccoli w/ Cheese Toss Salad w/ Dressing Mixed Fruit Fresh Fruit Milk Choice	Hotdog on WG Bun w/ Chili OR Burrito w/ Salsa & Sour Cream Cole Slaw Fries Cherry Tomatoes & Baby Carrots w/ Dip Strawberries Fresh Fruit WG Choc Chip Cookie Milk Choice	Spaghetti w/ Meat Sauce & WG Roll OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Corn Green Beans Toss Salad w/ Dressing Peaches Fresh Fruit Milk Choice	Taco Soup w/ Cheese Cup & Tortilla Chips & Cheesy Bread Stick & Sour Cream Sweet Potato Fries Caesar Salad Pears Fresh Fruit 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.

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

School Payments Made Easy

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