



# RIDGELAND HIGH SCHOOL

## SEPTEMBER 11 - 15, 2017

Week 3



	<b>Monday 11th</b>	<b>Tuesday 12th</b>	<b>Wednesday 13th</b>	<b>Thursday 14th</b>	<b>Friday 15th</b>
<b>Line 1</b>	Pizza OR Chef Salad w/ Ham & Cheese & Saltines Crackers & Croutons w/ Dressing Refried Beans Steamed Carrots Toss Salad w/ Dressing Applesauce Frozen Fruit Milk Choice	Pork Roast w/ Gravy OR Chicken Nuggets WG Roll Mixed Vegetables Broccoli / Cheese Toss Salad w/ Dressing Dried Mixed Fruit Fresh Fruit Milk Choice	Spaghetti w/ Meat Sauce & WG Roll OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Corn Green Beans Toss Salad w/ Dressing Blueberries Fresh Fruit WG Choc Chip Cookie Milk Choice	Hotdog on WG Bun w/ Chili OR Sloppy Joe on WG Bun Cole Slaw Baked Beans Fries Toss Salad w/ Dressing Mixed Fruit Fresh Fruit Milk Choice	Cheeseburger on WG Bun WG Chips Lettuce & Tomato & Onion Baked Sweet Potato Fries Carrots w/ Dip Caesar Salad Pears Fresh Fruit Milk Choice
<b>Line 2</b>	Chicken Fajita w/ Cheese Cup Salsa and Sour Cream Lettuce & Diced Tomatoes Refried Beans Steamed Carrots Toss Salad w/ Dressing Saltines Crackers/Croutons Applesauce Frozen Fruit Milk Choice	Pizza OR Ham & Cheese on WG Bun Mixed Vegetables Broccoli / Cheese Toss Salad w/ Dressing Dried Mixed Fruit Fresh Fruit Milk Choice	Pizza OR Chef Salad w/ Ham & Cheese & Saltines Crackers & Croutons w/ Dressing Corn Green Beans Toss Salad w/ Dressing Blueberries Fresh Fruit WG Choc Chip Cookie Milk Choice	Baked Potato Bar w/ Chili & Cheese Cup, Sour Cream & Saltines Crackers & Croutons OR Pizza Cole Slaw Baked Beans Cherry Tomatoes & Baby Carrots w/ Dip Toss Salad w/ Dressing Mixed Fruit Fresh Fruit Milk Choice	Cheesy Bread Sticks w/ Marinara Sauce OR Chicken Wrap w/ Lettuce and Tomato Croutons/Saltines Crackers Carrots w/ Dip Refried Beans Caesar Salad Pears Fresh Fruit Milk Choice
<b>Line 3</b>	Hot Ham & Cheese on WG Bun WG Chips Refried Beans Steamed Carrots Toss Salad w/ Dressing Applesauce Frozen Fruit Milk Choice	Pork Roast w/ Gravy OR Chicken Nuggets WG Roll Mixed Vegetables Broccoli / Cheese Toss Salad w/ Dressing Dried Mixed Fruit Fresh Fruit Milk Choice	Spaghetti w/ Meat Sauce & WG Roll OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Corn Green Beans Toss Salad w/ Dressing Blueberries Fresh Fruit WG Choc Chip Cookie Milk Choice	Hotdog on WG Bun w/ Chili OR Sloppy Joe on WG Bun Cole Slaw Baked Beans Fries Toss Salad w/ Dressing Mixed Fruit Fresh Fruit Milk Choice	Cheeseburger on WG Bun WG Chips Lettuce & Tomato & Onion Baked Sweet Potato Fries Carrots w/ Dip 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 TRAY MUST AT LEAST HAVE ½ CUP OF FRUIT OR VEGGIE 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.**

