



RIDGELAND HIGH SCHOOL



OCTOBER 2-6, 2017

Week 3

	Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th SPECIAL OLYMPICS DAY
Line 1	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 Strawberries Fresh Fruit Milk Choice	Spaghetti w/ Meat Sauce & WG Roll OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Corn Green Beans Toss Salad w/ Dressing Mixed Fruit Fresh Fruit WG Choc Chip Cookie Milk Choice	Cheesy Bread Sticks w/ Marinara Sauce OR Chicken on WG Bun w/ Lettuce and Tomato Fries Carrots w/ Dip Refried Beans Caesar Salad Peaches Fresh Fruit Milk Choice	😊 World Smiley Day 😊 Cheeseburger on WG Bun WG Chips Lettuce & Tomato Veggie Dippers Baked Beans Applesauce Fresh Fruit Milk Choice
Line 2	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 Strawberries Fresh Fruit Milk Choice	Pizza OR Chef Salad w/ Ham & Cheese & Saltines Crackers & Croutons w/ Dressing Corn Green Beans Toss Salad w/ Dressing Mixed Fruit Fresh Fruit WG Choc Chip Cookie Milk Choice	Baked Potato Bar w/ Chili & Cheese Cup, Sour Cream & Saltines Crackers & Croutons OR Pizza Baked Beans Cherry Tomatoes & Baby Carrots w/ Dip Caesar Salad Peaches Fresh Fruit Milk Choice	Hot Dog on WG Bun w/Chili OR Sloppy Joe On WG Bun WG Chips Cole Slaw Baked Beans Applesauce Fresh Fruit Milk Choice
Line 3	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 Strawberries Fresh Fruit Milk Choice	Spaghetti w/ Meat Sauce & WG Roll OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Corn Green Beans Toss Salad w/ Dressing Mixed Fruit Fresh Fruit WG Choc Chip Cookie Milk Choice	Cheesy Bread Sticks w/ Marinara Sauce OR Chicken on WG Bun w/ Lettuce and Tomato Fries Carrots w/ Dip Refried Beans Caesar Salad Peaches Fresh Fruit Milk Choice	Cheeseburger on WG Bun WG Chips Lettuce & Tomato Baked Beans Veggie Dippers Applesauce 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.

