



RIDGELAND HIGH SCHOOL

January 14 – 18, 2019

WEEK 1



	Monday 14th	Tuesday 15th	Wednesday 16th	Thursday 17th	Friday 18th
Line 1	Cheeseburger on WG Bun Lettuce, Tomato & Onions OR Pizza Fries Steamed Carrots Tossed Salad w/ Dressing Mixed Fruit Frozen Fruit Milk Choice	TACO TUESDAY Pizza OR Taco w/ Crispy Shell & Cheese Cup & Salsa & Sour Cream Lettuce & Diced Tomatoes Refried Beans Corn Apricots Fresh Fruit Milk Choice	Chicken Nuggets WG Roll Green beans Creamed potatoes Toss Salad w/ Dressing Strawberries Fresh Fruit Milk Choice	BBQ Pork on WG Bun OR Fish w/ Tatar Sauce on WG Bun Baked Beans Cole Slaw Tossed Salad w/ Dressing Peaches Fresh Fruit Blueberry Crisp Milk Choice	Chicken on WG Bun Lettuce & Tomato Fries Steamed Carrots Carrots w/ Dip Tossed Salad w/ Dressing Raisins Fresh Fruit Milk Choice
Line 2	Teriyaki Chicken WG Roll Broccoli w/ Cheese Steamed Carrots Tossed Salad w/ Dressing Mixed Fruit Frozen Fruit Milk Choice	Cheeseburger on WG Bun Lettuce, Tomato & Onions WG Chips Baked Sweet Potatoes Fries Corn Apricots Fresh Fruit Milk Choice	Lasagna w/ WG Roll OR Pizza Veggie Dippers Green Beans Creamed Potatoes Tossed Salad w/ Dressing Strawberries Fresh Fruit Milk Choice	Chef Salad Ham & Cheese Cup Saltines Crackers & Croutons w/ Dressing OR Pizza Baked Beans Cole Slaw Tossed Salad w/ Dressing Peaches Fresh Fruit Blueberry Crisp Milk Choice	Corndog OR Vegetable Beef Soup w/ Grilled Cheese Sandwich Fries Carrots w/ Dip Tossed Salad w/ Dressing Raisins Fresh Fruit Milk Choice
Line 3	Cheeseburger on WG Bun Lettuce, Tomato & Onions OR Pizza Fries Steamed Carrots Tossed Salad w/ Dressing Mixed Fruit Frozen Fruit Milk Choice	TACO TUESDAY Pizza OR Taco w/ Crispy Shell & Cheese Cup & Salsa & Sour Cream Lettuce & Diced Tomatoes Refried Beans Corn Apricots Fresh Fruit Milk Choice	Chicken Nuggets WG Roll Green beans Creamed potatoes Toss Salad w/ Dressing Strawberries Fresh Fruit Milk Choice	BBQ Pork on WG Bun OR Fish w/ Tatar Sauce on WG Bun Baked Beans Cole Slaw Tossed Salad w/ Dressing Peaches Fresh Fruit Blueberry Crisp Milk Choice	Chicken on WG Bun Lettuce & Tomato Fries Carrots w/ Dip Tossed Salad w/ Dressing Raisins 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

1/2 CUP 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.

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



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