



# RIDGELAND HIGH SCHOOL

## January 28 - 31, 2019

Week 3



	Monday 28 <sup>th</sup>	Tuesday 29 <sup>th</sup>	Wednesday 30	Thursday 31 <sup>st</sup>	Friday 2-1
<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	Chicken Nuggets OR Pork Roast w/ Gravy WG Roll Mixed Veggies Broccoli w/ 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 Blueberries Fresh Fruit WG Choc Chip Cookie Milk Choice	Hotdog on WG Bun w/ Chili OR Chili w/ Grilled Cheese Sandwich Cole Slaw Fries Cherry Tomatoes & Baby Carrots w/ Dip Toss Salad w/ Dressing Apricots Fresh Fruit Milk Choice	Taco Soup w/ Tortilla Chips & Cheesy Bread Sticks Cheese Cup & Sour Cream Carrots w/ Dip 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 Veggies Broccoli w/ 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 Blueberries Fresh Fruit WG Choc Chip Cookie 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 Apricots Fresh Fruit Milk Choice	Pizza OR Cheeseburger on WG Bun WG Chips Lettuce & Tomato & Onion Baked Sweet Potato Fries Baked Beans Carrots w/ Dip 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	Chicken Nuggets OR Pork Roast w/ Gravy WG Roll Mixed Veggies Broccoli w/ 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 Blueberries Fresh Fruit WG Choc Chip Cookie Milk Choice	Hotdog on WG Bun w/ Chili OR Chili w/ Grilled Cheese Sandwich Cole Slaw Fries Cherry Tomatoes & Baby Carrots w/ Dip Toss Salad w/ Dressing Apricots Fresh Fruit Milk Choice	Taco Soup W/ Tortilla Chips & Cheesy Bread Sticks Cheese Cup & Sour Cream Carrots w/ Dip 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**  
**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.



**School Payments Made Easy**

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

