



RIDGELAND HIGH SCHOOL



APRIL 8 - 12, 2019

Week 3

	Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th
Line 1	<p>No School Teacher Work Day</p>	Chef Salad w/ Ham & Cheese & Saltines Crackers & Croutons w/ Dressing OR Pizza Refried Beans Steamed Carrots Toss Salad w/ Dressing Strawberries Frozen 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 Burrito w/ Salsa, Cheese Cup & Sour Cream Lettuce & Diced Tomatoes Cole Slaw Fries Cherry Tomatoes & Baby Carrots w/ Dip Toss Salad w/ Dressing Apricots Fresh Fruit Milk Choice	Taco Soup w/ Tortilla Chips Cheese Cup & Sour Cream Cheesy Bread Sticks Carrots w/ Dip Caesar Salad Pears Fresh Fruit Milk Choice
Line 2	<p>ChooseMyPlate.gov</p>	Chicken Fajita w/ Cheese Cup Salsa and Sour Cream Lettuce & Diced Tomatoes Refried Beans Steamed Carrots Toss Salad w/ Dressing Saltines Crackers/Croutons Strawberries Frozen 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	Cheeseburger on WG Bun WG Chips Lettuce & Tomato & Onion OR Pizza Baked Sweet Potato Fries Baked Beans Carrots w/ Dip Caesar Salad Pears Fresh Fruit Milk Choice
Line 3	<p>No School Teacher Work Day</p>	Hot Ham & Cheese on WG Bun WG Chips Refried Beans Steamed Carrots Toss Salad w/ Dressing Strawberries Frozen 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 Burrito w/ Salsa, Cheese Cup & Sour Cream Lettuce & Diced Tomatoes Cole Slaw Fries Cherry Tomatoes & Baby Carrots w/ Dip Toss Salad w/ Dressing Apricots Fresh Fruit Milk Choice	Taco Soup w/ Tortilla Chips Cheese Cup & Sour Cream Cheesy Bread Sticks 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.

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.

EVERY STUDENT'S TRAY MUST AT LEAST

1/2 CUP FRUIT OR VEGGIE ON IT.



School Payments Made Easy

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

