



RIDGELAND HIGH SCHOOL

April 15 - 19, 2019

WEEK 1



	Monday 15th	Tuesday 16th	Wednesday 17th	Thursday 18th	Friday 19th
Line 1	Pizza OR Cheeseburger on WG Bun w/ Lettuce, Tomato & Onions Fries Steamed Carrots Tossed Salad w/ Dressing Mixed Fruit Frozen Fruit Milk Choice	Chicken Nuggets WG Roll Mixed Veggies Cream Potatoes Toss Salad w/ Dressing Peaches Fresh Fruit Milk Choice	Turkey & Dressing w/Gravy OR Sliced Ham WG Roll Sweet Potatoes Green Beans Tossed Salad w/ Dressing Cranberry Sauce Spiced Apples Fresh Fruit Ice Cream Milk Choice	Chicken on WG Bun Lettuce & Tomato Fries Carrots w/ Dip Tossed Salad w/ Dressing Blueberries Fresh Fruit Milk Choice	Cheeseburger on WG Bun w/ Lettuce, Tomato, Onion WG Chips OR Pizza Corn Tossed Salad w/ Dressing Raisins Fresh Fruit Apple Crisp Milk Choice
Line 2	Teriyaki Chicken WG Roll Broccoli w/ Cheese Steamed Carrots Tossed Salad w/ Dressing Mixed Fruit Frozen Fruit Milk Choice	Pizza OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Mixed Veggies Cream Potatoes Toss Salad w/ Dressing Peaches Fresh Fruit Milk Choice	Pizza OR Chef Salad w/ Ham & Cheese & Saltine Crackers & Croutons w/ Dressing Sweet Potatoes Green Beans Toss Salad w/ Dressing Spiced Apples Fresh Fruit Ice Cream Milk Choice	Corndog OR Ham & Cheese on WG Bun Fries Carrots w/ Dip Tossed Salad w/ Dressing Blueberries Fresh Fruit Milk Choice	Chef Salad Ham & Cheese Cup Saltines Crackers & Croutons w/ Dressing OR Baked Lasagna Corn Tossed Salad w/ Dressing Raisins Fresh Fruit Apple Crisp Milk Choice
Line 3	Pizza OR Cheeseburger on WG Bun w/ Lettuce, Tomato & Onions Fries Steamed Carrots Tossed Salad w/ Dressing Mixed Fruit Frozen Fruit Milk Choice	Chicken Nuggets WG Roll Mixed Veggies Cream Potatoes Toss Salad w/ Dressing Peaches Fresh Fruit Milk Choice	Turkey & Dressing w/Gravy OR Sliced Ham WG Roll Sweet Potatoes Green Beans Tossed Salad w/ Dressing Cranberry Sauce Spiced Apples Fresh Fruit Ice Cream Milk Choice	Chicken on WG Bun Lettuce & Tomato Fries Carrots w/ Dip Tossed Salad w/ Dressing Blueberries Fresh Fruit Milk Choice	Cheeseburger on WG Bun w/ Lettuce, Tomato, Onion WG Chips OR Pizza Corn Tossed Salad w/ Dressing Raisins Fresh Fruit Apple Crisp 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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