



RIDGELAND HIGH SCHOOL



APRIL 29 - 30, 2019

Week 3

	Monday 29th	Tuesday 30th	Wednesday	Thursday	Friday
Line 1	Chef Salad w/ Ham & Cheese & Saltines Crackers & CROUTONS w/ Dressing OR Pizza Refried Beans Steamed Carrots Toss Salad w/ Dressing Applesauce Frozen Fruit Milk Choice	Chicken Nuggets OR Sliced Turkey w/ Gravy WG Roll Mixed Veggies Broccoli w/ Cheese Toss Salad w/ Dressing Strawberries 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 Veggies Broccoli w/ Cheese Toss Salad w/ Dressing Strawberries 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	Chicken Nuggets OR Sliced Turkey w/ Gravy WG Roll Mixed Veggies Broccoli w/ Cheese Toss Salad w/ Dressing Strawberries 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

