



# RIDGELAND HIGH SCHOOL

**MAY 1 - 3, 2019**

Week 3



	Monday	Tuesday	Wednesday 1st	Thursday 2nd	Friday 3 <sup>rd</sup> <b>SCHOOL LUNCH HERO DAY</b>
Line 1			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 BBQ on WG Bun Cole Slaw Fries Cherry Tomatoes & Baby Carrots w/ Dip Toss Salad w/ Dressing Apricots Fresh Fruit Milk Choice	Cheeseburger on WG Bun OR Ham & Cheese on WG Bun WG Chips Lettuce & Tomato & Onion Carrots w/ Dip Caesar Salad Pears Fresh Fruit Milk Choice
Line 2	I'm a Food Serving Hair Net Wearing Roll Making Pots and Pan Washer Always Smiling Tummy Filling Children Loving Kinda Lunch Lady I'm a <b>School Lunch Super Hero</b>		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	Chicken Pot Pie WG Roll Green Beans Carrots w/ Dip Caesar Salad Pears Fresh Fruit Milk Choice
Line 3			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 BBQ on WG Bun Cole Slaw Fries Cherry Tomatoes & Baby Carrots w/ Dip Toss Salad w/ Dressing Apricots Fresh Fruit Milk Choice	Cheeseburger on WG Bun OR Ham & Cheese on WG Bun WG Chips Lettuce & Tomato & Onion 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.**

**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)

