



RIDGELAND HIGH SCHOOL

December 10 - 14, 2018

WEEK 1



	Monday 10th	Tuesday 11th	Wednesday 12th	Thursday 13th	Friday 14th
Line 1	Cheeseburger on WG Bun Lettuce, Tomato, Onions OR Pizza Fries Steamed Carrots Tossed Salad w/ Dressing Mixed Fruit Frozen Fruit Milk Choice	BBQ Pork on WG Bun OR Cheeseburger on WG Bun Lettuce, Tomato, Onion Baked Beans Cole Slaw Toss Salad w/ Dressing WG Chips Strawberries 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 Nuggets w/ WG Roll OR Fish Nugget w/ Hushpuppies & Tartar Sauce Mixed Veggies Cream Potatoes Tossed Salad w/ Dressing Peaches Fresh Fruit Apple Crisp Milk Choice	Chicken on WG Bun Lettuce & Tomato Fries Carrots w/ Dip Tossed Salad w/ Dressing Blueberries Fresh Fruit Milk Choice
Line 2	Teriyaki Chicken WG Roll Broccoli w/ Cheese Steamed Carrots Tossed Salad w/ Dressing Mixed Fruit Frozen Fruit Milk Choice	Chef Salad Ham & Cheese Cup Saltines Crackers & Croutons w/ Dressing OR Pizza Baked Beans Cole Slaw Toss Salad w/ Dressing Strawberries Fresh Fruit Milk Choice	Pizza OR Chef Salad w/ Ham & Cheese & Saltines Crackers & Croutons w/ Dressing Sweet Potatoes Green Beans Toss Salad w/ Dressing Spiced Apples Fresh Fruit Ice Cream Milk Choice	Pizza Mixed Veggies Cream Potatoes Tossed Salad w/ Dressing Peaches Fresh Fruit Apple Crisp Milk Choice	Corndog OR Vegetable Beef Soup w/ Grilled Cheese Sandwich Fries Carrots w/ Dip Tossed Salad w/ Dressing Blueberries Fresh Fruit Milk Choice
Line 3	Cheeseburger on WG Bun Lettuce, Tomato, Onions OR Pizza Fries Steamed Carrots Tossed Salad w/ Dressing Mixed Fruit Frozen Fruit Milk Choice	BBQ Pork on WG Bun OR Cheeseburger on WG Bun Lettuce, Tomato, Onion Baked Beans Cole Slaw Toss Salad w/ Dressing WG Chips Strawberries 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 Nuggets w/ WG Roll OR Fish Nugget w/ Hushpuppies & Tartar Sauce Mixed Veggies Cream Potatoes Tossed Salad w/ Dressing Peaches Fresh Fruit Apple Crisp Milk Choice	Chicken on WG Bun Lettuce & Tomato Fries Carrots w/ Dip Tossed Salad w/ Dressing Blueberries 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



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