



# RIDGELAND HIGH SCHOOL

## APRIL 26 - 30, 2021

WEEK 3



	<b>Monday 26th</b>	<b>Tuesday 27th</b>	<b>Wednesday 28th</b>	<b>Thursday 29th</b>	<b>Friday 30th</b>
<b>Line 2</b>	Turkey & Cheese on WG Bun w/ WG Chips Lettuce & Tomato <b>OR</b> Pizza Green Beans Carrots w/ Dip Applesauce Frozen Fruit Milk Choice	Chicken Nuggets <b>OR</b> Pizza <b>OR</b> Ham & Cheese on WG Bun Mixed Veggies Broccoli w/ Cheese Apricots Fresh Fruit Milk Choice	Baked Potato Bar w/ BBQ Pork & Cheese Cup, Sour Cream & Saltine Crackers & Croutons <b>OR</b> Pizza Cole Slaw Cherry Tomatoes & Baby Carrots w/ Dip Refried Beans Blueberries Fresh Fruit Milk Choice	Pizza <b>OR</b> Chef Salad w/ Ham & Cheese & Saltines Crackers/Croutons w/ Dressing Corn Green Beans Toss Salad w/ Dressing Peaches Fresh Fruit WG Choc Chip Cookie Milk Choice	Cheeseburger on WG Bun Lettuce & Tomato & Onion <b>OR</b> Corndog Sweet Potato Fries Caesar Salad Pears Fresh Fruit Milk Choice
<b>Line 3</b>	Sweet and Sour Chicken on Rice Roll Green Beans Carrots w/ Dip Applesauce Frozen Fruit Milk Choice	Chicken Nuggets <b>OR</b> Turkey Sliced w/ Gravy Roll Mixed Veggies Broccoli w/ Cheese Apricots Fresh Fruit Milk Choice	Hotdog on WG Bun w/ Chili <b>OR</b> Nachos & Cheese w/ Chili, Salsa & Sour Cream Cole Slaw Fries Cherry Tomatoes & Baby Carrots w/ Dip Refried Beans Blueberries Fresh Fruit Milk Choice	Spaghetti w/ Meat Sauce & Roll <b>OR</b> Turkey & Cheese on WG Bun Corn Green Beans Toss Salad w/ Dressing Peaches Fresh Fruit WG Choc Chip Cookie Milk Choice	Taco Soup w/ Cheese Cup & Tortilla Chips & Cheesy Bread Stix & Sour Cream Sweet Potatoes Fries 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 \$1.50.

**Thursdays :** Frozen Fruit (4.4 oz. cup of 100% fruit juice) for \$1.00 **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.**

\*\*\* We have changed our homemade rolls from whole grain to enriched white.



**EVERY STUDENT'S TRAY MUST AT LEAST  
LEAST ½ CUP FRUIT OR VEGGIE ON IT.**



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