

Jan. 14 - Feb. 15  
2019



**RICHLAND S.D.  
ELEMENTARY LUNCH MENU**



**What is a Meal?**

You must choose at least 3 of the 5 components available for the school lunch price.

Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch  
Meat or meat alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread

Choice of Milk - 1% white, and fat-free chocolate

**Weekly Vegetable Subgroups May Include:**

- Dark green** - spinach, broccoli, romaine and spring salad
- Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers
- Beans/Peas**
- Starchy** - white potatoes, corn, and lima beans
- Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

**Daily Fruit Selection May Include:**

- oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**Daily Entree Options may include:**  
**"Craveables"**

**GARDEN SALAD w/ROLL**

- Monday - Ham & Cheese on a Bun
- Tuesday - Turkey & Cheese Wrap
- Wednesday - Ham & Cheese Wrap
- Thursday - Turkey & Cheese on a Bun
- Friday - Italian Wrap

**BREAKFAST in the CLASSROOM**

Cereal, Poptarts and Milk Available Everyday!!

- MONDAY** - Powder or Chocolate Donuts
- TUESDAY** - Assorted Pancake Mini's
- WEDNESDAY** - Apple or Cherry Strudals
- THURSDAY** - Assorted French Toast Mini's
- FRIDAY** - Cinni Mini's

Choose 1 Entrée, 1/2 cup fruit or 100% Juice and Milk  
Breakfast Prices; Paid - \$0.95 / Reduced - \$0.30

**NUTRITIOUS FRIENDS :**



Lunch Prices  
Student \$1.75  
Reduced \$ .40  
Adult \$2.95

*MENU SUBJECT TO CHANGE*

General Manager  
Bob Lonsinger  
Phone Number  
814-269-4497

Email

[foodservices@richlandsd.com](mailto:foodservices@richlandsd.com)

Pay on Line at [www.Pay Schools Central or by deposit envelope in the cafeteria.](http://www.Pay Schools Central or by deposit envelope in the cafeteria.)

Accounts may be viewed on Power School

USDA is an equal opportunity provider and employer.

**Monday**

**14**

Beef-a-Roni  
Garlic Bread Stick  
or  
BBQ Ham  
On a Bun

**Featured Veggies:**

- Cucumber Slices
- Steamed Broccoli
- Choice of Fruit
- Choice of Milk

**21**

Teacher's  
In-Service  
  
No School



**28**

Chicken Patty  
On a Bun  
or  
Macaroni & Cheese  
with a Dinner Roll

**Featured Veggies:**

- Oven Fries
- Chick Pea Salad
- Choice of Fruit
- Choice of Milk

**4**

Hot Ham and Cheese  
On a Pretzel Roll  
or  
Chicken Nuggets  
Pretzel Stick

**Featured Veggies:**

- Tater Tots
- Corn Salad
- Choice of Fruit
- Choice of Milk

**11**

Spaghetti & Meat Sauce  
Garlic Bread Stick  
or  
Hot Dog  
On a Bun

**Featured Veggies:**

- Steamed Carrots
- Tossed Salad
- Choice of Fruit
- Choice of Milk

**Tuesday**

**15**

Cowboy Burger  
On a Bun  
or  
Toasted  
Cheese Sandwich

**Featured Veggies:**

- Baked Beans
- Apple Crisp
- Choice of Fruit
- Choice of Milk

**22**

Chicken Strips  
with a Dinner Roll  
or  
Nacho Grande  
with a Dinner Roll

**Featured Veggies:**

- Corn
- Red Pepper Strips
- Choice of Fruit
- Choice of Milk

**29**

Cheese Burger  
On a Bun  
or  
Hot Dog  
On a Bun

**Featured Veggies:**

- Baked Beans
- Cucumber Slices
- Choice of Fruit
- Choice of Milk

**5**

Chicken Patty  
On a Bun  
or  
Walking Taco  
Pretzel Stick

**Featured Veggies:**

- Steamed Broccoli
- Cole Slaw
- Choice of Fruit
- Choice of Milk

**12**

Italian Meatball & Cheese  
On a Roll  
or  
Chicken Nuggets  
Spanish Rice

**Featured Veggies:**

- Glazed Carrots
- Chick Pea Salad
- Choice of Fruit
- Choice of Milk

**Wednesday**

**16**

Hot Ham and Cheese  
On a Pretzel Roll  
or  
Chicken Nuggets  
Pretzel Sticks

**Featured Veggies:**

- Baby Carrots
- Green Beans
- Choice of Fruit
- Choice of Milk

**23**

Cheese Burger  
On a Bun  
or  
Hot Dog  
On a Bun

**Featured Veggies:**

- Baked Beans
- Baby Carrots
- Choice of Fruit
- Choice of Milk

**30**

Hot Ham & Cheese  
on a Croissant  
or  
Walking Taco  
with a Dinner Roll

**Featured Veggies:**

- Steamed Corn
- Celery Sticks
- Choice of Fruit
- Choice of Milk

**6**

Hamburger  
On a Bun  
or  
Egg, Ham & Cheese  
On a Croissant

**Featured Veggies:**

- Baked Beans
- Baby Carrots
- Choice of Fruit
- Choice of Milk

**13**

Chicken & Gravy  
Over a Biscuit  
or  
Toasted  
Cheese Sandwich

**Featured Veggies:**

- Mashed Potatoes
- Corn Salad
- Choice of Fruit
- Choice of Milk

**Thursday**

**17**

Philly Steak & Cheese  
Hoagie  
or  
Popcorn Chicken w/ Rice  
with a Dinner Roll

**Featured Veggies:**

- Oven Fries
- Chick Pea Salad
- Choice of Fruit
- Choice of Milk

**24**

Chicken & Gravy  
Over a Biscuit  
or  
Beef Taco  
On a Soft Tortilla

**Featured Veggies:**

- 3 Bean Salad
- Mashed Potatoes
- Choice of Fruit
- Choice of Milk

**31**

Mini Corn Dogs  
  
or  
Chicken Nuggets  
with a Dinner Roll

**Featured Veggies:**

- Glazed Carrots
- Broccoli Salad
- Choice of Fruit
- Choice of Milk

**7**

Popcorn Chicken  
Cheesy Rice & Roll  
or  
B.B.Q. Rib Patty  
On a Bun

**Featured Veggies:**

- Steamed Corn
- Cucumber Slices
- Choice of Fruit
- Choice of Milk

**Happy Valentine's Day**

French Toast Sticks  
With Sausage Patties  
or  
BBQ Ham  
On a Bun

**Featured Veggies:**

- Hash Brown Potato
- Fresh Cucumber Slices
- Choice of Fruit
- Choice of Milk

Valentine's Cookie

**Friday**

**18**

Pepperoni Pizza  
  
or  
Chicken & Cheese  
Quesadilla

**Featured Veggies:**

- Parmesan Peas
- Cherry Tomatoes
- Choice of Fruit
- Choice of Milk

**25**

Cheese Pizza  
or  
Fish Sticks  
with a Dinner Roll

**Featured Veggies:**

- Cherry Tomatoes
- Glazed Carrots
- Choice of Fruit
- Choice of Milk

**1**

Pepperoni Pizza  
  
or  
Egg & Cheese  
On a Croissant

**Featured Veggies:**

- Green Beans
- Cherry Tomatoes
- Choice of Fruit
- Choice of Milk

**8**

Cheesy Pizza  
  
or  
Fish Shapes  
Roll

**Featured Veggies:**

- Steamed Broccoli
- Cherry Tomatoes
- Choice of Fruit
- Choice of Milk

**15**

Cheese Pizza  
  
or  
Pulled BBQ Pork  
On a Bun

**Featured Veggies:**

- Tatar Tots
- Green Pepper Strips
- Choice of Fruit
- Choice of Milk