

Mar.25 - Apr. 26
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

Pay on Line at 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

25

**NO
SCHOOL**

Tuesday

26

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

27

Chicken & Gravy
Over a Biscuit
or
Toasted
Cheese Sandwich
Featured Veggies:
Mashed Potatoes
Corn Salad
Choice of Fruit
Choice of Milk

Thursday

Baseball Opening Day

Hot Dog
On a Bun
or
Pulled BBQ Pork
On a Bun
Featured Veggies:
Oven Baked Fries w/ Cheese
Fresh Cucumber Slices
Apple Cobbler
Choice of Milk

Friday

29

Cheese Pizza
or
Fish Sticks
with a Dinner Roll
Featured Veggies:
Steamed Broccoli
Green Pepper Strips
Choice of Fruit
Choice of Milk

1

Spaghetti & Meat Sauce
Garlic Bread Stick
or
Chicken & Cheese
Wrap
Featured Veggies:
Steamed Carrots
Celery Sticks
Choice of Fruit
Choice of Milk

2

Grilled Chicken Fillet
w/ Cheese Sandwich
or
Corn Dog
Featured Veggies:
Oven Baked Fries
Cole Slaw
Choice of Fruit
Choice of Milk

3

Asian Sesame Chicken
Over Rice
or
B.B.Q. Ham
on a Bun
Featured Veggies:
Steamed Broccoli
Baby Carrots
Choice of Fruit
Choice of Milk

4

Birthday or Strawberry Pancakes
With Sausage Patties
or
Hamburger
On a Bun
Featured Veggies:
Tri Patty Hash Browns
Red Pepper Strips
Choice of Fruit
Choice of Milk

5

Cheese Sticks
with Sauce
or
BBQ Chicken Sandwich
On a Bun
Featured Veggies:
Steamed Corn
Green Pepper Strips
Choice of Fruit
Choice of Milk

8

Beef-a-Roni
Garlic Bread Stick
or
BBQ Ham
On a Bun
Featured Veggies:
Steamed Broccoli
Cucumber Slices
Choice of Fruit
Choice of Milk

9

Cowboy Burger
On a Bun
or
Toasted
Cheese Sandwich
Featured Veggies:
Baked Beans
Apple Crisp
Choice of Fruit
Choice of Milk

10

Hot Ham and Cheese
On a Pretzel Roll
or
Chicken Nuggets
Pretzel Sticks
Featured Veggies:
Green Beans
Cauliflower
Choice of Fruit
Choice of Milk

11

Philly Steak & Cheese
Hoagie
or
Popcorn Chicken w/ Rice
with a Dinner Roll
Featured Veggies:
Steamed Corn
Chick Pea Salad
Choice of Fruit
Choice of Milk

Grilled Cheese Day

3 Cheese Grilled Cheese
Sandwich
or
Cheese Pizza
Featured Veggies:
Oven Baked Fries
Cherry Tomatoes
Choice of Fruit
Choice of Milk

15

Hamburger
On a Bun
or
Macaroni & Cheese
with a Dinner Roll
Featured Veggies:
Tatar Tots
Celery Sticks
Choice of Fruit
Choice of Milk

16

Smothered Pierogies
Bacon Cheddar
or
Chicken & Cheese
On Flat Bread
Featured Veggies:
Steamed Corn
Red Pepper Strips
Choice of Fruit
Choice of Milk

Easter Lunch

Sliced Ham
or Chicken Strips
Mashed Potatoes & Gravy
Candied Yams
Dinner Roll
Cranberry or
Apple Sauce
Choice of Milk
Cookie

18

Mini Corn Dogs
or
Chicken Nuggets
with a Dinner Roll
Featured Veggies:
Oven Fries
Broccoli Salad
Choice of Fruit
Choice of Milk

19

**NO
SCHOOL**
Happy Easter!

22

**NO
SCHOOL**



23

Cheese Burger
On a Bun
or
Hot Dog
On a Bun
Featured Veggies:
Baked Beans
Choice of Fruit
Choice of Milk

24

Walking Taco
with a Dinner Roll
or
Hot Ham & Cheese
on a Croissant
Featured Veggies:
Steamed Corn
Celery Sticks
Choice of Fruit
Choice of Milk

25

Chicken Mash Potato Bowl
with a Dinner Roll
or
BBQ Ribby
On a Bun
Featured Veggies:
3 Bean Salad
Mashed Potatoes
Choice of Fruit
Choice of Milk

26

Meat Lover's Pizza
(Pepperoni, Sausage and Bacon)
or
Egg & Cheese
On a Croissant
Featured Veggies:
Green Beans
Cherry Tomatoes
Choice of Fruit
Choice of Milk