

Nov. 5 - Dec. 7
2018



**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.PaySchoolsCentral.org
by deposit envelope in the cafeteria.

Accounts may be viewed on Power School

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5</p> <p>NO SCHOOL</p> <p>Teacher's In-Service</p>	<p>Nacho's Day</p> <p>Toasted Cheese Sandwich or Walking Taco with a Dinner Roll</p> <p>Featured Veggies: Steamed Corn Celery Sticks Choice of Fruit Choice of Milk</p>	<p>7</p> <p>Chicken Patty On a Bun or Macaroni & Cheese with a Dinner Roll</p> <p>Featured Veggies: Oven Fries Chick Pea Salad Choice of Fruit Choice of Milk</p>	<p>8</p> <p>Mini Corn Dogs</p> <p>or Chicken Nuggets with a Dinner Roll</p> <p>Featured Veggies: Glazed Carrots Broccoli Salad Choice of Fruit Choice of Milk</p>	<p>9</p> <p>Pepperoni Pizza</p> <p>or Egg & Cheese On a Croissant</p> <p>Featured Veggies: Green Beans Cherry Tomatoes Choice of Fruit Choice of Milk</p>
<p>12</p> <p>NO SCHOOL</p> <p>Veterans Day</p>	<p>13</p> <p>NO SCHOOL</p> <p>Patent Connect</p>	<p>14</p> <p>NO SCHOOL</p>	<p>15</p> <p>Popcorn Chicken with a Roll or B.B.Q. Rib Patty On a Bun</p> <p>Featured Veggies: Steamed Corn Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>16</p> <p>Cheesy Pizza</p> <p>or Fish Shapes Roll</p> <p>Featured Veggies: Steamed Broccoli Cherry Tomatoes Choice of Fruit Choice of Milk</p>
<p>Thanksgiving Meal</p> <p>Sliced Turkey Roast or Chicken Tenders Stuffing</p> <p>Mashed Potatoes & Gravy Candied Yams Cranberry Sauce or Apple Sauce Choice of Milk Vanilla Ice Cream Cup</p>	<p>20</p> <p>Italian Meatball & Cheese On a Roll or Chicken Nuggets with a Dinner Roll</p> <p>Featured Veggies: Glazed Carrots Chick Pea Salad Choice of Fruit Choice of Milk</p>	<p>21</p> <p>Cheese Pizza Sticks with Sauce or Pulled BBQ Pork On a Bun</p> <p>Featured Veggies: Tatar Tots Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>22</p> <p>NO SCHOOL</p> <p>Give Thanks</p>	<p>23</p> <p>NO SCHOOL</p> <p>BLACK FRIDAY sale</p>
<p>26</p> <p>NO SCHOOL</p> <p>Deer</p>	<p>27</p> <p>Cheesburger On a Bun or Corn Dog</p> <p>Featured Veggies: Steamed Broccoli Baby Carrots Choice of Fruit Choice of Milk</p>	<p>French Toast Day</p> <p>French Toast Sticks With Sausage Patties or Egg, Sausage and Cheese On a Croissant</p> <p>Featured Veggies: Potato Triangles Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p>29</p> <p>Chicken Mash Potato Bowl with a Dinner Roll or Toasted Cheese Sandwich</p> <p>Featured Veggies: Mashed Potatoes Cole Slaw Choice of Fruit Choice of Milk</p>	<p>30</p> <p>Meat Lover's Pizza (Pepperoni, Sausage and Bacon) or BBQ Chicken Sandwich On a Bun</p> <p>Featured Veggies: Steamed Corn Green Pepper Strips Choice of Fruit Choice of Milk</p>
<p>3</p> <p>Hot Ham and Cheese On a Pretzel Roll or Chicken Nuggets Pretzel Sticks</p> <p>Featured Veggies: Baby Carrots Green Beans Choice of Fruit Choice of Milk</p>	<p>4</p> <p>Cowboy Burger On a Bun or Toasted Cheese Sandwich</p> <p>Featured Veggies: Baked Beans Apple Crisp Choice of Fruit Choice of Milk</p>	<p>5</p> <p>Beef-a-Roni Garlic Bread Stick or BBQ Ham On a Bun</p> <p>Featured Veggies: Cucumber Slices Steamed Broccoli Choice of Fruit Choice of Milk</p>	<p>6</p> <p>Jacked Up Fries Philly Steak & Cheese or Popcorn Chicken with a Dinner Roll</p> <p>Featured Veggies: Oven Fries Chick Pea Salad Choice of Fruit Choice of Milk</p>	<p>7</p> <p>Pepperoni Pizza</p> <p>or Chicken & Cheese Quesadilla</p> <p>Featured Veggies: Parmesan Peas Cherry Tomatoes Choice of Fruit Choice of Milk</p>

