

Feb. 18- Mar.22
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

18

**NO
SCHOOL**

Tuesday

19

Cheeseburger
On a Bun
or
Corn Dog

Featured Veggies:
Steamed Broccoli
Baby Carrots
Choice of Fruit
Choice of Milk

Wednesday

20

Grilled Chicken Fillet
w/ Cheese Sandwich
or
B.B.Q. Rib Patty
On a Bun

Featured Veggies:
Oven Baked Fries
Cole Slaw
Choice of Fruit
Choice of Milk

Thursday

Pancake Day

Birthday or Strawberry Pancakes
With Sausage Patties
or
Toasted
Cheese Sandwich

Featured Veggies:
Tri Patty Hash Browns
Red Pepper Strips
Choice of Fruit
Choice of Milk

Friday

22

Meat Lover's Pizza
(Pepperoni, Sausage and Bacon)
or
BBQ Chicken Sandwich
On a Bun

Featured Veggies:
Steamed Corn
Green Pepper Strips
Choice of Fruit
Choice of Milk

25

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

Featured Veggies:
Cucumber Slices
Steamed Broccoli
Choice of Fruit
Choice of Milk

26

Cowboy Burger
On a Bun
or
Toasted
Cheese Sandwich

Featured Veggies:
Baked Beans
Apple Crisp
Choice of Fruit
Choice of Milk

27

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

28

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

1

Pepperoni Pizza
or
Chicken & Cheese
On Flat Bread

Featured Veggies:
Parmesan Peas
Cherry Tomatoes
Choice of Fruit
Choice of Milk

4

Hamburger
On a Bun
or
Chicken Fajita
On a Soft Tortilla

Featured Veggies:
Tatar Tots
Celery Sticks
Choice of Fruit
Choice of Milk

5

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

Featured Veggies:
Steamed Corn
Red Pepper Strips
Choice of Fruit
Choice of Milk

Ash Wednesday

Fish Sticks
with a Dinner Roll
or
Macaroni & Cheese
with a Dinner Roll

Featured Veggies:
Oven Baked Fries
Baby Carrots
Choice of Fruit
Choice of Milk

7

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

8

Cheese Pizza
or
Fish
Sandwich

Featured Veggies:
Cherry Tomatoes
Glazed Carrots
Choice of Fruit
Choice of Milk

11

Chicken Alfredo over Penne
Garlic Bread Stick
or
Chicken Patty
On a Bun

Featured Veggies:
Glazed Carrots
Chick Pea Salad
Choice of Fruit
Choice of Milk

12

Cheese Burger
On a Bun
or
Hot Dog
On a Bun

Featured Veggies:
Baked Beans
Roasted Parsnips
Choice of Fruit
Choice of Milk

13

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

14

Mini Corn Dogs
or
Chicken Nuggets
with a Dinner Roll

Featured Veggies:
Oven Fries
Broccoli Salad
Choice of Fruit
Choice of Milk

15

Cheese Sticks
with Dipping Sauce
or
Egg & Cheese
On a Croissant

Featured Veggies:
Green Beans
Cherry Tomatoes
Choice of Fruit
Choice of Milk

Sloppy Joe Day

Sloppy Joe
On a Bun
or
Toasted
Cheese Sandwich

Featured Veggies:
Tater Tots
Corn Salad
Choice of Fruit
Choice of Milk

19

Chicken Patty
On a Bun
or
Walking Taco
with a Dinner Roll

Featured Veggies:
Steamed Corn
Cole Slaw
Choice of Fruit
Choice of Milk

20

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

Featured Veggies:
Baked Beans
Baby Carrots
Choice of Fruit
Choice of Milk

21

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

Featured Veggies:
Green Beans
Cucumber Slices
Choice of Fruit
Choice of Milk

22

Cheesy Pizza
or
Fish Shapes
Roll

Featured Veggies:
Steamed Broccoli
Cherry Tomatoes
Choice of Fruit
Choice of Milk