



June 3 - June 6

# Richland High School



**LUNCH PRICES**  
STUDENT \$2.00  
REDUCED \$0.40  
ADULT \$2.95

Bob Lonsinger  
GENERAL MANAGER  
269-4497

foodservices@richlandhsd.com

### What is a Meal?

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

Meat or meat alternate,  
choice of vegetable, choice of fruit,  
grain/ bread  
choice of milk

A minimum of  
1/2 cup serving of fruit or a  
minimum of a  
1/2 cup vegetable  
MUST accompany a

### **Weekly Vegetable Subgroups May Include:**

Dark Green

spinach - broccoli  
romaine - spring salad

Red - Orange

carrots - sweet potatoes  
tomatoes - red peppers

Beans & Peas

Starchy

white potatoes  
corn - peas

Other vegetables include

celery sticks - cucumbers green  
peppers - green bean  
iceberg lettuce - onion  
zucchini - mushrooms

### **Daily Fruit Selections May Include:**

Oranges - Apples - Bananas  
Grapes - Pears - Peaches  
Cantaloupe - Mellon  
Berries - Applesauce  
Pineapple - Mixed Fruit

MENU SUBJECT TO CHANGE

Pay on Line at  
www.Pay Schools Central or by  
deposit envelope in the cafeteria.

Accounts may be viewed on Power School

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and employer.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Choose any Entrée	5/3	5/4	5/5	5/6
Main Plate	Ham & Cheese on a Pretzel Bun w/ Buttered Noodles	Buffalo Chicken Ranch Flatbread, Hoagie or Wrap	Footlong Hot Dogs or Grilled Sausage	Chef's Choice
J.Clark's Grille	Buffalo Chicken Sandwich	Popcorn Chicken & Roll	Chicken Nuggets & Roll	Chef's Choice
Poblano's	Soft Shell Taco	Nacho Grande	Soft Shell Taco	
Villa Toscana	Bacon Chicken Ranch	Meat Lovers	Buffalo Chicken Ranch	Pepperoni
Bravo	Stir Fry	Stir Fry	Stir Fry	
Up for Grabs with Roll	Garden	Chef	Oriental Chicken	Chef's Choice
Green Scene	Red Pepper Strips	Loaded Mashed Potatoes	Oven Baked Fries	Chef's Choice
	Caesar Salad	Baby Carrots	Cole Slaw	Chef's Choice
Featured Fruit	Peaches	Diced Pears	Applesauce	Chef's Choice
Choose a Milk	1% Milk	1% Milk	1% Milk	1% Milk
	Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk

EMPTY NEST? - EXTRA CASH?  
ALREADY A VOLUNTEER?

THE CAFETERIA IS LOOKING FOR YOU!  
WORK AROUND YOUR  
STUDENT'S SCHOOL SCHEDULE.  
OFF WHEN THEY ARE OFF.

ACCEPTING APPLICATIONS FOR THIS FALL.  
CONTACT THE CAFETERIA MANAGER

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