



Mar. 25 - Apr. 25



# Richland High School



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

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GENERAL MANAGER  
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## 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  
Mandarin Oranges

Nutritious Friends !!



Accounts may be viewed on Power School

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

USDA is an equal opportunity provider and employer.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Choose any Entrée</b>	<b>3/25</b>	<b>3/26</b>	<b>3/27</b>	<b>Opening Day !</b>
<b>Main Plate</b>	NO	Buffalo Chicken & Cheddar Cheese Flatbread	Grilled Chicken Over Rice Stir Fry	Footlong Hot Dog or Grilled Sausage w/ Curly Fries
<b>J.Clark's Grille</b>	SCHOOL	Popcorn Chicken & Roll	Chicken Nuggets & Roll	Spicy Chicken Sandwich
<b>Poblano's</b>		Nacho Grande	Soft Shell Taco	Nacho Grande
<b>Villa Toscana</b>		Meat Lovers	Chicken Bacon Ranch	Buffalo Chicken
<b>Bravo</b>	TEACHER'S	Stir Fry	Stir Fry	Stir Fry
<b>Up for Grabs with Roll</b>	IN-SERVICE	Chicken Caesar	Garden	Tuna
<b>Green Scene</b>		Baby Carrots	Cherry Tomatoes	Green Pepper Strips
<b>Featured Fruit</b>		Chick Pea Salad	Broccoli Salad	Baked Beans
<b>Choose a Milk</b>		Diced Peaches	Pears	Apple Crisp
		1% Milk	1% Milk	1% Milk
		Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk
<b>Choose any Entrée</b>	<b>4/1</b>	<b>4/2</b>	<b>4/3</b>	<b>4/4</b>
<b>Main Plate</b>	Pizza Pasta w/ Garlic Bread	Baked Club Hoagie w/ Fries	Cowboyburger On a Bun with Oven Baked Fries	Oriental Sesame Chicken Steamed Rice
<b>J.Clark's Grille</b>	Chicken Patty Sandwich	Popcorn Chicken & Roll	Chicken Nuggets & Roll	Spicy Chicken Sandwich
<b>Poblano's</b>	Nacho Grande	Soft Shell Taco	Nacho Grande	Soft Shell Taco
<b>Villa Toscana</b>	Meat Lovers	Buffalo Chicken	White Pizza (Tomato Garlic)	Chicken-Bacon Ranch
<b>Bravo</b>	Stir Fry	Stir Fry	Stir Fry	Stir Fry
<b>Up for Grabs with Roll</b>	Chef	Garden	Tuna	Oriental Chicken
<b>Green Scene</b>	Caesar Salad	3 Bean Salad	Cole Slaw	Steamed Broccoli
<b>Featured Fruit</b>	Celery Sticks	Baby Carrots	Red Pepper Strips	Cherry Tomatoes
<b>Choose a Milk</b>	Apple Sauce	Pineapple Tidbits	Peaches	Mandaren Oranges
	1% Milk	1% Milk	1% Milk	1% Milk
	Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk
<b>Choose any Entrée</b>	<b>4/8</b>	<b>4/9</b>	<b>4/10</b>	<b>4/11</b>
<b>Main Plate</b>	Spaghetti w/ Meatsauce Garlic Toast	Chicken Cordon Blue Sandwich (Chicken, Ham and Cheese)	Chicken Fajita Wrap w/ Spanish Rice	Stuffed Steak Sandwich Shoestring Fries
<b>J.Clark's Grille</b>	Chicken Patty Sandwich	Popcorn Chicken & Roll	Chicken Nuggets & Roll	Spicy Chicken Sandwich
<b>Poblano's</b>	Nacho Grande	Soft Shell Taco	Nacho Grande	Soft Shell Taco
<b>Villa Toscana</b>	Meat Lovers	Veggie	Stromboli	Buffalo Chicken
<b>Bravo</b>	Buffalo Chicken & Cheese Loaded Fries	Buffalo Chicken & Cheese Loaded Fries	Buffalo Chicken & Cheese Loaded Fries	Buffalo Chicken & Cheese Loaded Fries
<b>Up for Grabs</b>	Tuna	Oriental Chicken	Chef	Garden
<b>Green Scene</b>	Baby Carrots	Celery Sticks	Green Pepper Strips	Cucumber Slices
<b>Featured Fruit</b>	Strawberry Spinich Salad	Cole Slaw	3 Bean Salad	Chick Pea Salad
<b>Choose a Milk</b>	Pears	Apple Crisp	Apple Sauce	Peaches
	1% Milk	1% Milk	1% Milk	1% Milk
	Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk
<b>Choose any Entrée</b>	<b>4/15</b>	<b>4/16</b>	<b>4/17</b>	<b>4/18</b>
<b>Main Plate</b>	<b>Easter Meal</b> <small>Check Menu in Cafe</small>	Southwest B.B.Q Bacon Chicken Wrap with Rice	Homemade Chicken Pot Pie & Biscuit	Pulled B.B.Q. Pork Hoagie and Tatar Tots
<b>J.Clark's Grille</b>	Chicken Patty Sandwich	Popcorn Chicken & Roll	Chicken Nuggets & Roll	Spicy Chicken Sandwich
<b>Poblano's</b>		Soft Shell Taco	Nacho Grande	Soft Shell Taco
<b>Villa Toscana</b>	Meat Lovers	Buffalo Chicken	White Pizza (Tomato Garlic)	Pepperoni Roll
<b>Bravo</b>		Pasta w/ Chicken Bruschetta	Pasta w/ Chicken Bruschetta	Pasta w/ Chicken Bruschetta
<b>Up for Grabs</b>	Grilled Chicken	Oriental Chicken	Tuna	Garden
<b>Green Scene</b>	Cherry Tomatoes	Red Pepper Slices	Cucumber Slices	Baby Carrots
<b>Featured Fruit</b>	Antipasta Salad	Chick Pea Salad	Cole Slaw	
<b>Choose a Milk</b>	Apple Crisp	Mixed Fruit	Peaches	Mandaren Oranges
	1% Milk	1% Milk	1% Milk	1% Milk
	Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk
<b>Choose any Entrée</b>	<b>4/22</b>	<b>4/23</b>	<b>4/24</b>	<b>4/25</b>
<b>Main Plate</b>	NO	"State Fair" Corn Dog w/ Curly Fries	Buffalo Grilled Chicken Sandwich W/ Curly Fries	French Toast Sticks Sausage & Hash Brown
<b>J.Clark's Grille</b>	SCHOOL	Popcorn Chicken & Roll	Chicken Nuggets & Roll	Spicy Chicken Sandwich
<b>Poblano's</b>	Easter Break	Nacho Grande	Soft Shell Taco	Nacho Grande
<b>Villa Toscana</b>		Buffalo Chicken	Meat Lovers	Chicken Bacon Ranch
<b>Bravo</b>		Loaded Perogies	Loaded Perogies	Loaded Perogies
<b>Up for Grabs</b>		Chef	Oriental Chicken	Garden
<b>Green Scene</b>		Chick Pea Salad	Cole Slaw	
<b>Featured Fruit</b>		Cherry Tomatoes	Baby Carrots	Celery Sticks
<b>Choose a Milk</b>		Mixed Fruit	Peaches	Pears
		1% Milk	1% Milk	1% Milk
		Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk

