

Apr. 29 - May 31  
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](mailto:foodservices@richlandsd.com)

Pay on Line at [www.Pay Schools Central or by deposit envelope in the cafeteria.](http://www.Pay Schools Central or by deposit envelope in the cafeteria.)

Accounts may be viewed on Power School



**Monday**

**29**

Macaroni & Cheese  
Garlic Bread  
or  
Hamburger  
On a Bun

**Featured Veggies:**  
Oven Baked Fries  
Celery Sticks  
Choice of Fruit  
Choice of Milk

**Tuesday**

**30**

Toasted Ham & Cheese Sandwich  
or  
Egg, Ham & Cheese  
On a Croissant

**Featured Veggies:**  
Green Beans  
Baby Carrots  
Choice of Fruit  
Choice of Milk

**Wednesday**

**1**

WalkingTaco with a Dinner Roll  
or  
Cheesy Chicken  
On Flat Bread

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

**Thursday**

**2**

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

**Featured Veggies:**  
Baked Beans  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

**Friday**

**3**

Pepperoni Pizza  
or  
Fish Sandwich  
On a Bun

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

**6**

Pizza Pasta  
Garlic Bread Stick  
or  
Buffalo Chicken Ranch & Cheese  
Wrap

**Featured Veggies:**  
Steamed Carrots  
Celery Sticks  
Choice of Fruit  
Choice of Milk

**7**

Chicken & Gravy  
Over a Biscuit  
or  
Toasted  
Cheese Sandwich

**Featured Veggies:**  
Mashed Potatoes  
Corn Salad  
Choice of Fruit  
Choice of Milk

**8**

Italian Meatball & Cheese  
On a Roll  
or  
Chicken Nuggets  
with a Dinner Roll

**Featured Veggies:**  
Tater Tots  
Chick Pea Salad  
Choice of Fruit  
Choice of Milk

**9**

Hot Dog  
On a Bun  
or  
Pulled BBQ Pork  
On a Bun

**Featured Veggies:**  
Oven Baked Fries  
Fresh Cucumber Slices  
Apple Cobbler  
Choice of Milk

**10**

Cheese Pizza  
or  
Fish Sticks  
with a Dinner Roll

**Featured Veggies:**  
Steamed Broccoli  
Green Pepper Strips  
Choice of Fruit  
Choice of Milk

**13**

Spaghetti & Meat Sauce  
Garlic Bread  
or  
Chicken Fajita & Cheese  
Wrap

**Featured Veggies:**  
Steamed Carrots  
Celery Sticks  
Choice of Fruit  
Choice of Milk

**14**

Grilled Chicken Fillet  
w/ Cheese Sandwich  
or  
Corn Dog

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

**15**

French Toast Sticks  
With Sausage Patties  
or  
Hamburger  
On a Bun

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

**16**

Hot Ham and Cheese  
On a Croissant  
or  
Chicken Nuggets  
Pretzel Sticks

**Featured Veggies:**  
Green Beans  
Cauliflower  
Choice of Fruit  
Choice of Milk

**17**

Cheese Sticks  
with Sauce  
or  
BBQ Chicken Sandwich  
On a Bun

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

**20**

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

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

**21**

BBQ Hamburger w/ Cheese  
On a Bun  
or  
Toasted  
Cheese Sandwich

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

**22**

Hot Ham and Cheese  
On a Pretzel Roll  
or  
Chicken Nuggets  
Pretzel Sticks

**Featured Veggies:**  
Green Beans  
Cauliflower  
Choice of Fruit  
Choice of Milk

**23**

Philly Steak & Cheese  
Hoagie  
or  
Popcorn Chicken w/ Rice  
with a Dinner Roll

**Featured Veggies:**  
Oven Baked Fries  
Chick Pea Salad  
Choice of Fruit  
Choice of Milk

**24**

Meat Lovers Pizza  
or  
Grilled Cheese  
Sandwich

**Featured Veggies:**  
Steamed Corn  
Cherry Tomatoes  
Choice of Fruit  
Choice of Milk

**27**

**NO SCHOOL**



**28**

Chicken Strips  
with a Dinner Roll  
or  
Turkey & Cheese  
On Flat Bread

**Featured Veggies:**  
Mashed Potatoes & Gravy  
Red Pepper Strips  
Choice of Fruit  
Choice of Milk

**29**

Chicken Patty  
On a Bun  
or  
Italian Meatball & Cheese  
On a Roll

**Featured Veggies:**  
Green Beans  
Red Pepper Strips  
Choice of Fruit  
Choice of Milk

**30**

Mini Corn Dogs  
or  
Chicken Nuggets  
with a Dinner Roll

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

**31**

Pepperoni Pizza  
or  
Cheeseburger  
On a Bun

**Featured Veggies:**  
Steamed Carrots  
Broccoli Salad  
Choice of Fruit  
Choice of Milk