

# June 3 - June 6 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.PaySchools.Central](http://www.PaySchools.Central) or by deposit envelope in the cafeteria.

Accounts may be viewed on Power School

USDA is an equal opportunity provider and employer.

### Monday

**3**

Beef -a-Roni with a Dinner Roll or B.B.Q.Rib or Grilled Chicken on a Bun

**Featured Veggies:**  
Steamed Mixed Vegetables  
Celery Sticks  
Choice of Fruit  
Choice of Milk

### Tuesday

**4**

Toasted Ham & Cheese Sandwich or Fish Sandwich or Fish Shapes & Roll

**Featured Veggies:**  
Green Beans  
Cole Slaw  
Choice of Fruit  
Choice of Milk  
**Assorted Cookies**

### Wednesday

**5**

French Toast Sticks Sausage Patty or Hamburger or Hot Dog On a Bun

**Featured Veggies:**  
Potato Triangle  
Baby Carrots  
Choice of Fruit  
Choice of Milk

### Thursday

**6**

Assorted Pizza & Cheese Sicks w/ Sauce or Chef's Choice

**Featured Veggies:**  
Chef's Choice  
Choice of Fruit  
Choice of Milk

**HELP WANTED**

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



**HAPPY SUMMER VACATION!**