



Dec. 10 - Jan. 10



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

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

Taste Test

Nutritious Friends !!



**Beat-head
BEET**

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
Choose any Entrée	12/10	12/11	12/12	12/13
Main Plate	Chicken Parmesan w/ Spaghetti & Sauce	Southwest B.B.Q Bacon Chicken Wrap with Rice	French Toast Sticks and Sausage	Pulled B.B.Q. Pork Hoagie and Tatar Tots
J.Clark's Grille	Popcorn Chicken & Roll	Spicy Chicken Sandwich	Chicken Nuggets & Roll	Chicken Patty Sandwich
Poblano's	Nacho Grande	Soft Shell Taco	Nacho Grande	Soft Shell Taco
Villa Toscana	Meat Lovers	Buffalo Chicken	Pepperoni Roll	White Pizza (Tomato Garlic)
Bravo	Pasta w/ Chicken Bruschetta	Pasta w/ Chicken Bruschetta	Pasta w/ Chicken Bruschetta	Pasta w/ Chicken Bruschetta
Up for Grabs with Roll	Chef	Oriental Chicken	Tuna	Garden
Green Scene	Broccoli Caesar Salad	Red Pepper Slices Chick Pea Salad	Cucumber Slices Potato Triangles	Baby Carrots Cole Slaw
Featured Fruit	Apple Sauce	Mixed Fruit	Peaches	Mandarin Oranges
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
Choose any Entrée	Italian Christmas Buffet	12/18	12/19	12/20
Main Plate	Homemade Lasagna	Grilled Sausage Sandwich with Peppers & Onions	Hot Ham & Cheese On a Pretzel Roll	Bacon Cheeseburger w/ Curly Fries
J.Clark's Grille	Cut Ziti Pasta	Chicken Patty Sandwich	Chicken Nuggets & Roll	Spicy Chicken Sandwich
Poblano's	Chicken Alfredo	Nacho Grande	Soft Shell Taco	Nacho Grande
Villa Toscana	Mini Meatballs	Meat Lovers	Pepperoni Roll	Chicken Bacon Ranch
Bravo	In Red Sauce	Loaded Perogies	Loaded Perogies	Loaded Perogies
Up for Grabs with Roll	Garlic Bread Stick	Chef	Oriental Chicken	Garden
Green Scene	Strawberry Cheesecake Antipasto Salad Assorted Juices	Caesar Salad Poatao Wedges	Cole Slaw Tater Tots	Chick Pea Salad Carrots Sticks
Featured Fruit	Assorted Juices	Mixed Fruit	Peaches	Pears
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
Choose any Entrée	12/24	12/25	12/26	12/27
Main Plate				
J.Clark's Grille				
Poblano's				
Villa Toscana				
Bravo				
Up for Grabs				
Green Scene				
Featured Fruit				
Choose a Milk				
Choose any Entrée	12/31	1/1	1/2	1/3
Main Plate			Buffalo Chicken & Cheddar Cheese Flatbread	Turkey, Ham & Cheese Croissant w/ Tatar Tots
J.Clark's Grille			Chicken Patty Sandwich	Chicken Nuggets & Roll
Poblano's			Soft Shell Taco	Nacho Grande
Villa Toscana			Chicken Bacon Ranch	Buffalo Chicken
Bravo			Stir Fry	Stir Fry
Up for Grabs			Garden	Tuna
Green Scene			Potato Wedges	Green Pepper Strips
Featured Fruit			Cole Slaw	Broccoli Salad
Choose a Milk			Pears	Fruit & Jello
			1% Milk	1% Milk
	Fat Free Chocolate Milk	Fat Free Chocolate Milk		
Choose any Entrée	1/7	1/8	1/9	1/10
Main Plate	Penne Pasta & Meat Sauce w/ Garlic Bread	Baked Italian Hoagie Potato Chips	Cowboyburger On a Bun with Oven Baked Fries	Oriental Sesame Chicken Steamed Rice
J.Clark's Grille	Popcorn Chicken & Roll	Chicken Patty Sandwich	Chicken Nuggets & Roll	Spicy Chicken Sandwich
Poblano's	Nacho Grande	Soft Shell Taco	Nacho Grande	Soft Shell Taco
Villa Toscana	Meat Lovers	Buffalo Chicken	White Pizza (Tomato Garlic)	Chicken Bacon Ranch
Bravo	Stir Fry	Stir Fry	Stir Fry	Stir Fry
Up for Grabs	Chef	Garden	Tuna	Oriental Chicken
Green Scene	Caesar Salad Carrots Sticks	Chick Pea Salad Baby Carrots	Cole Slaw Baked Beans	Steamed Broccoli Cherry Tomatoes
Featured Fruit	Apple Sauce	Mixed Fruit	Peaches	Pears
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