



Jan. 14 - Feb. 14



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

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
Choose any Entrée	1/14	1/15	1/16	1/17
Main Plate	Oriental Sesame Chicken Steamed Rice	Grilled Chicken Club w/ Pepperjack or American Cheese	Turkey & Gravy Over Biscuit	Stuffed Steak Sandwich Seasoned Potato Wedges
J.Clark's Grille	Chicken Patty Sandwich	Popcorn Chicken & Roll	Chicken Nuggets & Roll	Spicy Chicken Sandwich
Poblano's	Nacho Grande	Soft Shell Taco	Nacho Grande	Soft Shell Taco
Villa Toscana	Meat Lovers	Veggie	Buffalo Chicken	Pierogie
Bravo	Oriental Sesame Chicken Steamed Rice	Buffalo Chicken & Cheese Loaded Fries	Buffalo Chicken & Cheese Loaded Fries	Buffalo Chicken & Cheese Loaded Fries
Up for Grabs with Roll	Tuna	Oriental Chicken	Chef	Garden
Green Scene	Baby Carrots Oriental Salad	Celery Sticks Cole Slaw	Mashed Potatoes 3 Bean Salad	Cucumber Slices Strawberry Spinich Salad
Featured Fruit	Pears	Apple Crisp	Apple Sauce	Peaches
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	1/21	1/22	1/23	1/24
Main Plate	NO	Southwest B.B.Q Bacon Chicken Wrap with Rice	Turkey Bacon Melt on a Fresh Baked Roll	Pulled B.B.Q. Pork Hoagie and Tatar Tots
J.Clark's Grille	SCHOOL	Popcorn Chicken & Roll	Chicken Nuggets & Roll	Spicy Chicken Sandwich
Poblano's	Teacher's	Soft Shell Taco	Nacho Grande	Soft Shell Taco
Villa Toscana	In-Service	Buffalo Chicken	Pepperoni Roll	White Pizza (Tomato Garlic)
Bravo		Pasta w/ Chicken Bruschetta	Pasta w/ Chicken Bruschetta	Pasta w/ Chicken Bruschetta
Up for Grabs with Roll		Oriental Chicken	Tuna	Garden
Green Scene		Red Pepper Slices	Cucumber Slices	Baby Carrots
Featured Fruit		Chick Pea Salad	Potato Triangles	Cole Slaw
Choose a Milk		Mixed Fruit	Peaches	Mandarin Oranges
		1% Milk	1% Milk	1% Milk
		Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk
Choose any Entrée	1/28	1/29	1/30	1/31
Main Plate	Italian Meatball Hoagie	Grilled Sausage Sandwich with Peppers & Onions	Turkey, Ham & Cheese Croissant w/ Tatar Tots	Grilled Chicken Over Rice Stir Fry
J.Clark's Grille	Chicken Patty Sandwich	Popcorn Chicken & Roll	Chicken Nuggets & Roll	Spicy Chicken Sandwich
Poblano's	Soft Shell Taco	Nacho Grande	Soft Shell Taco	Nacho Grande
Villa Toscana	Veggie Lovers	Buffalo Chicken	Meat Lovers	Chicken Bacon Ranch
Bravo	Loaded Perogies	Loaded Perogies	Loaded Perogies	Loaded Perogies
Up for Grabs	Grilled Chicken	Chef	Oriental Chicken	Garden
Green Scene	Creamy Cucumbers Parsly Potatoes	Caesar Salad Poatao Wedges	Cole Slaw Tater Tots	Chick Pea Salad Carrots Sticks
Featured Fruit	Applesauce	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	2/4	Chinese New Year	2/6	2/7
Main Plate	Texas Toasted Cheese Tatar Tots	Oriental Sesame Chicken Rice, Egg Roll & Fourtune Cookie	Chicken Mashed Potato Bowl	Bacon Cheeseburger w/ Curly Fries
J.Clark's Grille	Chicken Patty Sandwich	Popcorn Chicken & Roll	Chicken Nuggets & Roll	Spicy Chicken Sandwich
Poblano's	Nacho Grande	Soft Shell Taco	Soft Shell Taco	Nacho Grande
Villa Toscana	Meat Lovers	Pepperoni Roll	Buffalo Chicken Ranch	Perogie
Bravo	Stir Fry	Stir Fry	Stir Fry	Stir Fry
Up for Grabs	Chef	Garden	Oriental Chicken	Chicken Caesar
Green Scene	Tomato Soup Strawberry Spinach Salad	Red Pepper Strips Oriental Salad	Mashed Potatoes Celery Sticks	Baked Beans Cole Slaw
Featured Fruit	Diced Pears	Peaches	Cranberry Sauce	Apple Sauce
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	2/11	2/12	Taste of Italy	2/14
Main Plate	Buffalo Chicken & Cheddar Cheese Flatbread	Baked Italian Hoagie w/ Fries	Homemade Lasagna, Chicken Alfredo & Garlic Bread Stick	Hot Ham & Cheese On a Pretzel Roll
J.Clark's Grille	Chicken Patty Sandwich	Popcorn Chicken & Roll	Chicken Patty Sandwich	Chicken Nuggets & Roll
Poblano's	Nacho Grande	Nacho Grande	Soft Shell Taco	Nacho Grande
Villa Toscana	Veggie Lovers	Meat Lovers	Chicken Bacon Ranch	Buffalo Chicken
Bravo	Stir Fry	Stir Fry	Stir Fry	Stir Fry
Up for Grabs	Oriental Chicken	Chicken Caesar	Garden	Tuna
Green Scene	Potato Wedges Cole Slaw	Potato Triangle Chick Pea Salad	Cherry Tomatoes Antipasta Salad	Green Pepper Strips Broccoli Salad
Featured Fruit	Peaches	Pineapple Tidbits	Pears	Fruit & Jello
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