



Nov. 5 - Dec. 6



Richland High School



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

Bob Lonsinger
 GENERAL MANAGER
 269-4497

foodservices@richlandsd.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 Butter Nut Squash 11-20-18


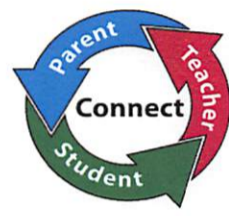


Nutritious Friends !!



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	11/5	11/6	11/7	11/8
Main Plate	NO SCHOOL Teacher's In-Service	Grilled Sausage Sandwich with Peppers & Onions	Hot Ham & Cheese On a Pretzel Roll	Bacon Cheeseburger w/ Curly Fries
J.Clark's Grille		Chicken Patty Sandwich	Chicken Nuggets & Roll	Spicy Chicken Sandwich
Poblano's		Nacho Grande	Soft Shell Taco	Nacho Grande
Villa Toscana		Stromboli w/ Sauce	Meat Lovers	Chicken Bacon Ranch
Bravo		Loaded Perogies	Loaded Perogies	Loaded Perogies
Up for Grabs with Roll		Chef	Oriental Chicken	Oriental Chicken
Green Scene		Poatao Wedges	Cole Slaw	Chick Pea Salad
Featured Fruit		Caesar Salad	Tater Tots	Carrots Sticks
Choose a Milk		Mixed Fruit	Peaches	Pears
		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	11/12	11/13	11/14	11/15
Main Plate	NO SCHOOL 	NO SCHOOL 	NO SCHOOL Teacher Conferences	Italian Meatball Hoagie
J.Clark's Grille				Spicy Chicken Sandwich
Poblano's				Nacho Grande
Villa Toscana				Meat Lovers
Bravo				Stir Fry
Up for Grabs with Roll				Chef
Green Scene				Parsly Potatoes
Featured Fruit				Strawberry Spinach Salad
Choose a Milk				Diced Pears
				1% Milk
	Fat Free Chocolate Milk			
Choose any Entrée	Thanksgiving Buffet	11/20	Brunch	11/22
Main Plate	Oven Roasted Turkey	Buffalo Chicken & Cheddar Cheese Flatbread	Texas Toasted Cheese Tatar Tots	NO SCHOOL 
J.Clark's Grille	Salsbury Steak	Chicken Patty Sandwich	Breakfast Sandwich and Hash Brown Potato Triangle	
Poblano's	Mashed Potatoes & Gravy	Soft Shell Taco		
Villa Toscana	Stuffing	Chicken Bacon Ranch	Plain or Pepperoni	
Bravo	Corn	Stir Fry	Pizza	
Up for Grabs	Cranberry Sauce	Garden		
Green Scene		Potato Wedges	Assorted Veggies	
Featured Fruit	Assorted Juices	Corn Salad	Tomato Soup	
Choose a Milk	1% Milk	Pears	Applesauce	
	Fat Free Chocolate Milk	1% Milk	1% Milk	
	Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk	
Choose any Entrée	11/26	11/27	11/28	11/29
Main Plate	NO SCHOOL 	Steak & Cheese Hoagie Potato Chips	Cowboyburger On a Bun with Oven Baked Fries	Penne Pasta & Meat Sauce w/ Garlic Bread
J.Clark's Grille		Chicken Patty Sandwich	Chicken Nuggets & Roll	Spicy Chicken Sandwich
Poblano's		Soft Shell Taco	Nacho Grande	Nacho Grande
Villa Toscana		Buffalo Chicken	White Pizza (Tomato Garlic)	Meat Lovers
Bravo		Stir Fry	Stir Fry	Stir Fry
Up for Grabs		Garden	Tuna	Chef
Green Scene		Chick Pea Salad	Cole Slaw	Caesar Salad
Featured Fruit		Baby Carrots	Baked Beans	Carrots Sticks
Choose a Milk		Mixed Fruit	Peaches	Apple Sauce
		1% Milk	1% Milk	1% Milk
	Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk	
Choose any Entrée	12/3	12/4	12/5	12/6
Main Plate	Chicken Alfredo Garlic Bread Stick	Chicken Strips and Parsley Potatoes	Chicken & Gravy Over Biscuit	Stuffed Pizza Sandwich Seasoned Potato Wedges
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	Veggie	Buffalo Chicken	Pierogie
Bravo	Buffalo Chicken & Cheese Loaded Fries	Buffalo Chicken & Cheese Loaded Fries	Buffalo Chicken & Cheese Loaded Fries	Buffalo Chicken & Cheese Loaded Fries
Up for Grabs	Chef	Oriental Chicken	Chef	Garden
Green Scene	Baby Carrots	Celery Sticks	Mashed Potatoes	Strawberry Salad
Featured Fruit	3 Bean Salad	Cole Slaw	Broccoli Salad	Cucumber Slices
Choose a Milk	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