



Feb. 18-Mar. 21



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 MUST accompany a

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	2/18	2/19	2/20	2/21
Main Plate	NO	Grilled Sesame Chicken Sandwich & Tots	Cowboyburger On a Bun with Oven Baked Fries	Grilled Chicken Over Rice Stir Fry
J.Clark's Grille	SCHOOL	Popcorn Chicken & Roll	Chicken Nuggets & Roll	Spicy Chicken Sandwich
Poblano's		Soft Shell Taco	Nacho Grande	Soft Shell Taco
Villa Toscana		Buffalo Chicken	White Pizza (Tomato Garlic)	Chicken Bacon Ranch
Bravo	TEACHERS	Stir Fry	Stir Fry	Stir Fry
Up for Grabs with Roll	IN-SERVICE	Garden	Tuna	Oriental Chicken
Green Scene		Chick Pea Salad	Cole Slaw	Steamed Broccoli
Featured Fruit		Baby Carrots	Baked Beans	Cherry Tomatoes
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
Choose any Entrée	2/25	2/26	2/27	2/28
Main Plate	Spaghetti w/ Meatsauce Garlic Toast	Chicken Cordon Blue Sandwich (Chicken, Ham and Cheese)	2 pc Chicken, Potato Wedges & Biscuit	Stuffed Steak Sandwich Shoestring Fries
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	Buffalo Chicken & Cheese Loaded Fries	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	Celery Sticks	Baked Beans	Cucumber Slices
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	3/4	3/5	Ash Wednesday	3/7
Main Plate	Buffalo Chicken Mac & Cheese w/ Bread Stick	Southwest B.B.Q Bacon Chicken Wrap with Rice	Fish Sandwich and Homemade Halushki	Pulled B.B.Q. Pork Hoagie and Tatar Tots
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	Buffalo Chicken	White Pizza (Tomato Garlic)	Pepperoni Roll
Bravo	Pasta w/ Chicken Bruschetta	Pasta w/ Chicken Bruschetta	Pasta w/ Chicken Bruschetta	Pasta w/ Chicken Bruschetta
Up for Grabs	Chef	Oriental Chicken	Tuna / Egg	Garden
Green Scene	Broccoli	Red Pepper Slices	Cucumber Slices	Baby Carrots
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	3/11	3/12	3/13	3/14
Main Plate	Italian Meatball Hoagie	Grilled Sausage Sandwich with Peppers & Onions	Buffalo Grilled Chicken Sandwich W/ Curly Fries	French Toast Sticks Sausage & Hash Brown
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	Caesar Salad	Cole Slaw	Chick Pea Salad
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	3/18	3/19	3/20	3/21
Main Plate	Penna Pasta w/ Meatballs and Garlic Bread Sticks	Texas Toasted Cheese Tatar Tots	Chicken Mashed Potato Bowl	Bacon Cheeseburger w/ Curly Fries
J.Clark's Grille	Popcorn Chicken & Roll	Chicken Patty Sandwich	Chicken Nuggets & Roll	Spicy Chicken Sandwich
Poblano's	Soft Shell Taco	Nacho Grande	Soft Shell Taco	Nacho Grande
Villa Toscana	Pepperoni Roll	Meat Lovers	Buffalo Chicken Ranch	Perogie
Bravo	Stir Fry	Stir Fry	Stir Fry	Stir Fry
Up for Grabs	Garden	Chef	Oriental Chicken	Chicken Caesar
Green Scene	Red Pepper Strips	Tomato Soup	Mashed Potatoes	Baked Beans
Featured Fruit	3 Bean Salad	Strawberry Spinach Salad	Celery Sticks	Cole Slaw
Choose a Milk	Peaches	Diced Pears	Cranberry Sauce	Apple Sauce
	1% Milk	1% Milk	1% Milk	1% Milk
	Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk