

Dec. 10 - Jan. 11
2018



**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

Pay on Line at www.Pay Schools Central or by deposit envelope in the cafeteria.

Accounts may be viewed on Power School



Monday	Tuesday	Wednesday	Thursday	Friday
10 Chicken Strips Buttered Noodles or Nacho Grande with a Dinner Roll Featured Veggies: Corn Red Pepper Strips Choice of Fruit Choice of Milk	11 Chicken Alfredo over Penne Garlic Bread Stick or BBQ Ribby on a Bun Featured Veggies: Steamed Broccoli Celery Sticks Choice of Fruit Choice of Milk CHRISTMAS COOKIE	12 Cheese Burger On a Bun or Hot Dog On a Bun Featured Veggies: Baked Beans Baby Carrots Choice of Fruit Choice of Milk	13 Chicken & Gravy Over a Biscuit or Beef Taco On a Soft Tortilla Featured Veggies: 3 Bean Salad Mashed Potatoes Choice of Fruit Choice of Milk	14 Cheese Pizza or Fish Sandwich On a Bun Featured Veggies: Cherry Tomatoes Glazed Carrots Choice of Fruit Choice of Milk
Christmas Meal Oven Baked Ham Slice Roll or Chicken Strips Roll Mashed Potatoes & Gravy Cranberry or Apple Sauce Apple Crisp Choice of Milk Vanilla Ice Cream Cup	18 Toasted Cheese Sandwich or Walking Taco with a Dinner Roll Featured Veggies: Steamed Corn Celery Sticks Choice of Fruit Choice of Milk	19 Chicken Patty On a Bun or Macaroni & Cheese with a Dinner Roll Featured Veggies: Oven Fries Chick Pea Salad Choice of Fruit Choice of Milk	20 Mini Corn Dogs or Chicken Nuggets with a Dinner Roll Featured Veggies: Glazed Carrots Broccoli Salad Choice of Fruit Choice of Milk	21 Pepperoni Pizza or Egg & Cheese On a Croissant Featured Veggies: Green Beans Cherry Tomatoes Choice of Fruit Choice of Milk
24 	Merry Christmas			28
31 	1	2 Italian Meatball & Cheese On a Roll or Chicken Nuggets Spanish Rice Featured Veggies: Glazed Carrots Chick Pea Salad Choice of Fruit Choice of Milk	3 French Toast Sticks With Sausage Patties or BBQ Ham On a Bun Featured Veggies: Hash Brown Potato Fresh Cucumber Slices Choice of Fruit Choice of Milk	4 Cheese Pizza or Pulled BBQ Pork On a Bun Featured Veggies: Tatar Tots Green Pepper Strips Choice of Fruit Choice of Milk
7 Ziti & Meatballs Garlic Bread Stick or Chicken Fajita On a Soft Tortilla Featured Veggies: Tossed Salad Celery Sticks Choice of Fruit Choice of Milk	8 Cheeseburger On a Bun or Corn Dog Featured Veggies: Steamed Broccoli Baby Carrots Choice of Fruit Choice of Milk	9 French Toast Sticks With Sausage Patties or Egg, Sausage and Cheese On a Croissant Featured Veggies: Potato Triangles Red Pepper Strips Choice of Fruit Choice of Milk	10 Chicken Mash Potato Bowl with a Dinner Roll or Toasted Cheese Sandwich Featured Veggies: Mashed Potatoes Cole Slaw Choice of Fruit Choice of Milk	11 Meat Lover's Pizza (Pepperoni, Sausage and Bacon) or BBQ Chicken Sandwich On a Bun Featured Veggies: Steamed Corn Green Pepper Strips Choice of Fruit Choice of Milk