

DECEMBER LUNCH



Richmond Public Schools Elementary Lunch K-5

Monday	Tuesday	Wednesday	Thursday	Friday
November 29, 2021	November 30, 2021	December 1, 2021	December 2, 2021	December 3, 2021
		MINI CHEESE RAVIOLI WITH SAUCE ^ Sliced Bread ^ Green Beans Fresh Apple Choice of Milk	HAMBURGER W/BAKED BEANS Hamburger Bun ^ GRILLED CHEESE PANINI ^ Baked Beans SunSet Sip Juice Fresh Orange Mustard Ketchup Choice of Milk	MEATBALL SUB Hot Dog Bun ^ BEAN & CHEESE BURRITO ^ Potato Wedges Fresh Pear Taco Sauce Ketchup Choice of Milk
December 6, 2021	December 7, 2021	December 8, 2021	December 9, 2021	December 10, 2021
PIZZA DIPPERS ^ Marinara Sauce Green Beans Fresh Orange Choice of Milk	SALISBURY STEAK W/GRAVY & MASHED POTATOES Hamburger Bun ^ BEAN & CHEESE BURRITO ^ Salsa Cup SunSet Sip Juice Fresh Pear Choice of Milk	PENNE PASTA W/MEAT SAUCE ^ MINI CHEESE RAVIOLI WITH SAUCE ^ Breadstick ^ Broccoli Fresh Apple Choice of Milk	HOT DOG WITH POTATO ROUNDS Hot Dog Bun ^ GRILLED CHEESE PANINI ^ French Fries Baked Beans Fresh Orange Mustard Ketchup Choice of Milk	CRUNCHY CHICKEN TENDERS ^ BEAN & CHEESE EMPANADA ^ Mixed Vegetables Fresh Pear BBQ Sauce Choice of Milk
December 13, 2021	December 14, 2021	December 15, 2021	December 16, 2021	December 17, 2021
MAC & CHEESE ^ Country Blend Vegetables Fresh Orange Choice of Milk	CRISPY CHICKEN PATTY ^ Hamburger Bun ^ MINI CHEESE RAVIOLI WITH SAUCE ^ Breadstick ^ Broccoli Fresh Pear BBQ Sauce Choice of Milk	PIZZABOLI ^ Mixed Vegetables Fresh Apple Choice of Milk	TURKEY TACOS & CHEESE BURRITO ^ Tortilla Rounds ^ Salsa Cup Ruby Rusher Vegetable Juice Fresh Orange Choice of Milk	HAMBURGER W/BAKED BEANS Hamburger Bun ^ GRILLED CHEESE PANINI ^ Baked Beans SunSet Sip Juice Fresh Pear Mustard Ketchup Choice of Milk
December 20, 2021	December 21, 2021	December 22, 2021	December 23, 2021	December 24, 2021
PIZZA DIPPERS ^ Marinara Sauce Green Beans Fresh Orange Choice of Milk	BBQ CHICKEN TATER TOT-CHOS BEAN & CHEESE BURRITO ^ Corn Salsa Cup Tortilla Rounds ^ Fresh Pear Choice of Milk	NO SCHOOL	NO SCHOOL	NO SCHOOL
December 27, 2021	December 28, 2021	December 29, 2021	December 30, 2021	December 31, 2021
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

Find your school's menus online at: preferredmealsmenu.com



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Nutritional Information: CHIMBORAZO

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
12-01-2021	MINI CHEESE RAVIOLI WITH SAUCE ^	308	7	2	0	50	883	42	5	8	19	10	0	126	2	MMA:2oz G/B:1.25sv WG V:1/2c RO
	Sliced Bread ^	70	1	0	0	0	134	12	2	2	4	0	0	30	1	G/B:1sv WG
	Green Beans	32	0	0	0	0	0	6	2	2	2	21	10	36	1	V:1/2c O BW-PLANT
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-02-2021	HAMBURGER W/BAKED BEANS	332	11	4	0	40	433	39	8	8	22	1	0	117	5	MMA:2oz V:1/2c L
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	GRILLED CHEESE PANINI ^	340	20	10	0	50	820	30	2	6	14	0	0	322	1	MMA:2oz G/B:2sv WG
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF
	SunSet Sip Juice	45	0	0	0	0	35	11	0	10	0	500	70	10	0	V:1/2c RO
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-03-2021	MEATBALL SUB	235	12	4	0	35	311	15	3	5	14	31	1	67	1	MMA:2oz V:1/2c RO
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	BEAN & CHEESE BURRITO ^	321	9	4	0	15	475	44	8	2	17	318	2	171	4	MMA:2oz G/B:2sv WG BW-LS BW-HF
	Potato Wedges	135	3	0	0	0	30	27	2	0	2	0	0	15	0	V:3/4c S
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Taco Sauce	5	0	0	0	0	55	1	0	0	0	100	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-06-2021	PIZZA DIPPERS ^	280	12	5	0	20	560	28	2	4	18	2000	0	360	2	MMA:2oz G/B:2sv WG
	Marinara Sauce	40	1	0	0	0	200	7	1	4	1	90	6	20	1	V:1/2c RO BW-PLANT

	Green Beans	32	0	0	0	0	0	6	2	2	2	21	10	36	1	V:1/2c O BW-PLANT	
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c BW-PLANT	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
12-07-2021																	
	SALISBURY STEAK W/GRAVY & MASHED POTATOES	304	14	4	0	31	722	27	2	3	16	3	58	83	1	MMA:2oz V:1/2c S	
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG	
	BEAN & CHEESE BURRITO ^	321	9	4	0	15	475	44	8	2	17	318	2	171	4	MMA:2oz G/B:2sv WG BW-LS BW-HF	
	Salsa Cup	41	0	0	0	0	95	8	0	3	3	271	6	0	0	V:1/4c RO	
	SunSet Sip Juice	45	0	0	0	0	35	11	0	10	0	500	70	10	0	V:1/2c RO	
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
12-08-2021																	
	PENNE PASTA W/MEAT SAUCE ^	317	9	4	0	36	456	39	4	10	19	9	0	94	4	MMA:2oz G/B:1sv WG V:1/2c RO	
	MINI CHEESE RAVIOLI WITH SAUCE ^	308	7	2	0	50	883	42	5	8	19	10	0	126	2	MMA:2oz G/B:1.25sv WG V:1/2c RO	
	Breadstick ^	100	1	0	0	0	140	20	2	1	4	0	9	20	1	G/B:1sv WG	
	Broccoli	27	0	0	0	0	16	5	3	1	3	0	64	38	1	V:1/2c DG BW-PLANT	
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c BW-PLANT	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0			
12-09-2021																	
	HOT DOG WITH POTATO ROUNDS	268	18	6	0	30	830	19	2	2	7	0	1	0	1	MMA:2oz V:1/2c S	
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG	
	GRILLED CHEESE PANINI ^	340	20	10	0	50	820	30	2	6	14	0	0	322	1	MMA:2oz G/B:2sv WG	
	French Fries	87	3	0	0	0	25	14	0	0	1	0	5	0	0	V:1/2c S BW-PLANT	
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF	
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c BW-PLANT	
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0		
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0		
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0			
12-10-2021																	
	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	36	2	MMA:2oz G/B:1sv WG	
	BEAN & CHEESE EMPANADA ^	300	9	4	0	15	480	43	5	1	15	0	0	173	3	MMA:2oz G/B:2.75sv WG	
	Mixed Vegetables	90	0	0	0	0	82	19	4	6	4	386	3	28	1	V:1/4c RO V:1/2c S BW-PLANT	
Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c		

	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0		
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-13-2021	MAC & CHEESE ^	332	10	6	0	32	797	42	2	11	19	449	1	478	1	MMA:2oz G/B:1sv WG
	Country Blend Vegetables	69	0	0	0	0	32	15	3	4	3	396	8	36	1	V:1/4c S V:1/2c O BW-PLANT
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-14-2021	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	MINI CHEESE RAVIOLI WITH SAUCE ^	308	7	2	0	50	883	42	5	8	19	10	0	126	2	MMA:2oz G/B:1.25sv WG V:1/2c RO
	Breadstick ^	100	1	0	0	0	140	20	2	1	4	0	9	20	1	G/B:1sv WG
	Broccoli	41	0	0	0	0	24	8	4	2	4	0	96	58	1	V:3/4c DG BW-PLANT
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-15-2021	PIZZABOLI^	310	12	6	0	35	640	34	0	6	14	0	0	339	2	MMA:2oz G/B:2sv WG
	Mixed Vegetables	90	0	0	0	0	82	19	4	6	4	386	3	28	1	V:1/4c RO V:1/2c S BW-PLANT
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-16-2021	TURKEY TACOS	150	8	2	0	47	300	6	2	2	15	562	0	0	1	MMA:2oz BW-LPP BW-LS
	BEAN & CHEESE BURRITO ^	321	9	4	0	15	475	44	8	2	17	318	2	171	4	MMA:2oz G/B:2sv WG BW-LS BW-HF
	Tortilla Rounds ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	Salsa Cup	41	0	0	0	0	95	8	0	3	3	271	6	0	0	V:1/4c RO
	Ruby Rusher Vegetable Juice	50	0	0	0	0	35	14	0	12	0	500	70	10	0	V:1/2c RO
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-17-2021	HAMBURGER W/BAKED BEANS	332	11	4	0	40	433	39	8	8	22	1	0	117	5	MMA:2oz V:1/2c L
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	GRILLED CHEESE PANINI ^	340	20	10	0	50	820	30	2	6	14	0	0	322	1	MMA:2oz G/B:2sv WG

	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
12-31-2021																
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other
BeWell Types : BW-PLANT = Plant-Based BW-GF = Good Fat BW-LPP = Lean/Plant Protein BW-LS = Less Sugar
BW-HF = High Fiber Food BW-PRO = Probiotics

	BEAN & CHEESE EMPANADA^	X						X	
	Mixed Vegetables								
	Fresh Pear								
	BBQ Sauce							X	
	Choice of Milk	X							
12-13-2021									
	MAC & CHEESE ^	X						X	X
	Country Blend Vegetables								
	Fresh Orange								
	Choice of Milk	X							
12-14-2021									
	CRISPY CHICKEN PATTY ^							X	X
	Hamburger Bun ^	X						X	X
	MINI CHEESE RAVIOLI WITH SAUCE ^	X	X					X	X
	Breadstick ^							X	X
	Broccoli								
	Fresh Pear								
	BBQ Sauce							X	
	Choice of Milk	X							
12-15-2021									
	PIZZABOLI^	X							X
	Mixed Vegetables								
	Fresh Apple								
	Choice of Milk	X							
12-16-2021									
	TURKEY TACOS							X	
	BEAN & CHEESE BURRITO ^	X						X	X
	Tortilla Rounds ^								
	Salsa Cup								
	Ruby Rusher Vegetable Juice								
	Fresh Orange								
Choice of Milk	X								

