

Richland One School District
March 2019 ES Lunch Menu

Now Offering More Plant Based
Options

*PS INDICATES PLANT BASED ITEM



OFFERED DAILY

Assorted Fresh Fruit & Milk

3/1/2019
1 oz. Turkey Hot Dog on
WGR Bun
1 oz. Chili
2 oz. Baked Beans*PS
5 ea. Onion Rings*PS
1 ea. Cool Tropics Blue Raspberry *PS


Week Three	3/4/2019	3/5/2019	3/6/2019	3/7/2019	3/8/2019
POS MHL1	1 ea. WGR Corn Dog	1 ea. Manwich Sloppy Joe on	3 oz. Meatloaf	3 oz. Teriyaki Chicken	1 oz. Turkey Hot Dog on
	1/2 C Fresh Broccoli *PS	WGR Bun	4 oz. Steamed Yellow Squash *PS	4 oz. Seasoned Spinach*PS	WGR Bun
	w/ Ranch Dressing	6 ea. Sweet Potato Waffle Fries*PS	4 oz. Blk eyed Peas *PS	4 oz. WGR Vegetable Brown Rice *PS	1 oz. Chili
	4 oz. Sweet Kernel Corn *PS	8 oz. Spinach Salad *PS	1 ea. Vanilla Sugar Cookie	4 oz. Sliced Apples *PS	2 oz. Baked Beans*PS
	4 oz. Sliced Peaches *PS	4 oz. Mixed Fruit Cup *PS	4 oz. Diced Pears *PS		5 ea. Onion Rings*PS
					1 ea. Cool Tropics Blue Raspberry *PS
Week Four	3/11/2019	3/12/2019	3/13/2019	3/14/2019	3/15/2019
POS MHL1	1 Beef Taco on WGR on Flatbread	3 oz. BBQ Chicken	8 oz. Spaghetti and Meatballs	3 oz. Orange Chicken	Popcorn Chicken Bowl
	2 oz. Beef Taco Meat	4 oz. Sweet Kernel Corn *PS	4 oz. Green Beans *PS	3 oz. Lo Mein Noodles *PS	2 oz. Popcorn Chicken,
	2 oz. Shredded Lettuce *PS	4 oz. Pinto Beans *PS	1 ea. Garlic Texas Toast	4 oz. Steamed Broccoli *PS	1 oz. Cheddar Cheese, 1 oz. Ch'kn Gravy
	2 oz. Diced Tomatoes *PS	1 ea. WGR Dinner Roll	4 oz. Diced Pears *PS	4 oz. Sliced Apples *PS	4 oz. Mashed Potatoes *PS
	1 oz. RF Cheese, 1 ea. Sour Cream	4 oz. Mixed Fruit Cup *PS		1 ea. WGR Candy Pieces Chocolate Cookie	4oz. Kernel Corn *PS
	4 oz. Refried Beans				1 ea. WGR Roll
4 oz. Sliced Peaches *PS				1 ea. Cool Tropics Blue Raspberry *PS	



*CONTAINS PORK

OFFERED DAILY

Assorted Fresh Fruit & Milk

Week One	3/18/2019	3/19/2019	3/20/2019	3/21/2019	3/22/2019
	4 ea. Meatballs	1 ea. BBQ Pork Sandwich*	1 Slice Beef/Turkey Pepperoni Pizza	3 oz. Siracha Chicken	6 oz. Homemade Chili *PS
	w/ 1oz. Onion Gravy	w/ 4 oz. BBQ Pork on WGR Bun	8 OZ. Garden Salad w/ Dressing *PS	4 oz. Steamed Brown Rice*PS	1 C Garden Salad w/ Dressing *PS
	2 oz. Mashed Potatoes *PS	3 ea. Carrot Sticks*PS	2oz. Steamed Carrots *PS	4 oz. Sweet Peas *PS	1 ea. Tortilla Scoops *PS
	4 oz. Seasoned Lima Beans *PS	4 oz. 100% Fruit Juice *PS	4 oz. Diced Pears *PS	8 oz. Kale and Mandarin Salad *PS	1 oz. Reduced Fat Cheese*PS
	4 oz. Sliced Peaches *PS	8 oz. Spinach Salad *PS	1 ea. Salad Dressing	4 oz. Sliced Apples *PS	1 ea. Cool Tropics Kiwi/Strawberry *PS
	1 ea. WGR Oatmeal Raisin Cookie	1 ea. Ranch Dressing			
Week Two	3/25/2019	3/26/2019	3/27/2019	3/28/2019	3/29/2019
		*6 Stars Plant Based Burger*	4 ea. Cheese Bites	1 ea. Flambroiled Chicken Sandwich	3 ea. Chicken Tenders
		1 ea. Burger *PS on	1 ea. Marinara Sauce *PS	w/ 1 slice cheddar cheese	4 oz. Seasoned Collards *PS
		1 ea. WGR Bun, 2 oz. Lettuce*PS	8 oz. Caprese Salad	4 oz. Shredded Lettuce *PS	1 ea. WGR Dutch Waffle
		2 ea Sliced Tomatoes*PS, 2 ea. Pickle	4 oz. Diced Pears *PS	2 ea. Sliced Tomatoes*PS	Cool Tropics Orange Mango *PS
		3 oz. Special Sauce		10 ea. Tater Tots *PS	
		4 oz. Curly Fries *PS		4 oz. Sliced Apples *PS	
		4 oz. Mixed Fruit Cup *PS		1 ea. Choc Candy Pieces Cookie	

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

REVISED 2/15/2019

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