

Richland One School District
February 2019 ES Lunch Menu

Now Offering More Plant Based
Options



*PS INDICATES PLANT BASED ITEM


OFFERED DAILY
Assorted Fresh Fruit & Milk

Week Three	2/4/2019	2/5/2019	2/6/2019	2/7/2019	2/8/2019
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	2/11/2019	2/12/2019	2/13/2019	2/14/2019	2/15/2019
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
Asstorted Fresh Fruit & Milk

Week One	2/18/2019	2/19/2019	2/20/2019	2/21/2019	2/22/2019
		1 ea. BBQ Pork Sandwich*	1 Slice Beef/Turkey Pepperoni Pizza	3 oz. Siracha Chicken	1 ea. Beef Meatball Sub
		w/ 4 oz. BBQ Pork on WGR Bun	8 OZ. Garden Salad w/ Dressing *PS	4 oz. Steamed Brown Rice*PS	W/1 oz. cheddar cheese
		3 ea. Carrot Sticks*PS	2oz. Steamed Carrots *PS	4 oz. Sweet Peas *PS	7 ea. Sweet Potato Wedges *PS
		4 oz. 100% Fruit Juice *PS	4 oz. Sliced Peaches *PS	8 oz. Kale and Mandarin Salad *PS	1 ea. Cool Tropics Kiwi/Strawberry *PS
		8 oz. Spinach Salad *PS	1 ea. Salad Dressing	4 oz. Sliced Apples *PS	
		1 ea. Ranch Dressing			
Week Two	2/25/2019	2/26/2019	2/27/2019	2/28/2019	
	1 ea. Oven Baked Fried Chicken	1 ea. Cheeseburger *PS on	4 ea. Cheese Bites	1 ea. Flambroiled Chicken Sandwich	
	4 oz. Turnip Greens*PS	WGR Bun	1 ea. Marinara Sauce *PS	w/ 1 slice cheddar cheese	
	3 oz. Herb Roasted Potaotes*PS	2 oz. Lettuce*PS	8 oz. Caprese Salad	4 oz. Shredded Lettuce *PS	
	1 ea. Cornbread Loaf	2 ea Sliced Tomatoes*PS	4 oz. Diced Pears *PS	2 ea. Sliced Tomatoes*PS	
	4 oz. Sliced Peaches *PS	4 oz. Curly Fries *PS		10 ea. Tater Tots *PS	
		4 oz. Sliced Peaches *PS		4 oz. Sliced Apples *PS	
				1 ea. Choc Candy Pieces Cookie	

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

REVISED 1/30/2019



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