



# Richmond Senior High School

## Line 3, 4 & 5



*What Makes a Lunch*  
Select 3-5 Components

One must be a

Menus are subject to change due to unavailability from suppliers.

Build a complete meal by selecting foods from at least 3 of the 5 food groups. One must include 1/2 cup of fruit and/or vegetable.

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Non-discrimination Statement:  
"This institution is an equal opportunity provider."

Week 1

### Monday

Cheeseburger on Bun  
Or  
Hotdog w/Chili on Bun  
French Fries  
Broccoli w/Cheese  
Diced Peaches  
Fresh Banana  
Assorted Milk  
Turkey&Ham Sub

### Tuesday

Chicken Fillet on Bun  
Or  
Cowboy Quesadilla  
French Fries  
Cajun Pinto Beans  
Tropical Fruit  
Craisins  
Assorted Milk

### Wednesday

Pork Chop w/Bun  
Or  
Walking Taco  
French Fries  
Lettuce & Tomato  
Salsa 1/4 cup  
Sour Cream  
Mandarin Oranges  
Apple  
Assorted Milk

### Thursday

Chili Cheese Fries  
Yeast Rolls  
Or  
Corn Dog  
French Fries  
Fresh Baby Carrots  
Pineapple Tidbits  
Craisins  
Assorted Milk

### Friday

Western Nachos  
French Fries  
Salsa 1/4 cup  
Buttered Corn  
Applesauce Cups  
Managers Choice of Fruit  
Assorted Milk

Line 3

Week 2

Smart Mouth Pizza  
French Fries  
Cucumber Slices with Ranch  
Diced Peaches  
Fresh Banana  
Assorted Milk

Smart Mouth Pizza  
French Fries  
Fresh Baby Carrots  
Tropical Fruit  
Craisins  
Assorted Milk

Smart Mouth Pizza  
French Fries  
Black Beans  
Mandarin Oranges  
Apple  
Assorted Milk

Smart Mouth Pizza  
French Fries  
Fresh Baby Carrots  
Pineapple Tidbits  
Craisins  
Assorted Milk

Smart Mouth Pizza  
French Fries  
Fresh Broccoli Florets  
Applesauce Cups  
Managers Choice of Fruit  
Assorted Milk

Line 4

Week 3

Chef Salad  
Or  
Turkey&Ham Sub  
Cucumber Slices with Ranch  
Broccoli w/Ranch  
Diced Peaches  
Fresh Banana  
Assorted Milk

Chef Salad  
Or  
Southwest Chicken Wrap  
Fresh Baby Carrots  
Black Beans  
Tropical Fruit  
Craisins  
Assorted Milk

Chef Salad  
Or  
Turkey&Ham Sub  
Black Beans  
Cucumber Slices with Ranch  
Tropical Fruit  
Mandarin Oranges  
Apple  
Assorted Milk

Chef Salad  
Or  
Chicken Tender Wrap  
Fresh Baby Carrots  
Broccoli w/Ranch  
Pineapple Tidbits  
Craisins  
Assorted Milk

Chef Salad  
Or  
Turkey&Ham Sub  
Fresh Broccoli Florets  
Fresh Baby Carrots  
Applesauce Cups  
Managers Choice of Fruit  
Assorted Milk

Line 5

**CHEF SALADS TODAY!**

