



Richmond Senior High School

Line 3, 4 & 5



What Makes a Lunch
Select 3-5 Components

Milk	Grain	Fruit
Veggies	Protein	

One must be a

Fruit	AND/OR	Veggies
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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."



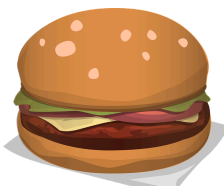
Week 1

Week 2

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Cheeseburger on Bun Or Hotdog w/Chili on Bun French Fries Broccoli w/Cheese Diced Peaches Fresh Banana Assorted Milk Turkey&Ham Sub	Chicken Fillet on Bun French Fries Cajun Pinto Beans Tropical Fruit Craisins Assorted Milk	Walking Taco French Fries Lettuce & Tomato Salsa 1/4 cup Sour Cream Mandarin Oranges Apple Assorted Milk	Chicken Tenders French Fries Fresh Baby Carrots Pineapple Tidbits Craisins Assorted Milk	Chicken Wings French Fries Salsa 1/4 cup Buttered Corn Applesauce Cups Managers Choice of Fruit Assorted Milk
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
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 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

CHEF SALADS TODAY!



Line 3

Line 4

Line 5