

Aug.23-Sept.21

# Richland High School



**LUNCH PRICES**  
 STUDENT \$2.00  
 REDUCED \$0.40  
 ADULT \$2.95

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## What is a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Meat or meat alternate, choice of vegetable, choice of fruit, grain/ bread choice of milk

A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup vegetable

## Weekly Vegetable Subgroups May Include:

### Dark Green

spinach - broccoli  
 romaine - spring salad

### Red - Orange

carrots - sweet potatoes  
 tomatoes - red peppers

### Beans & Peas

### Starchy

white potatoes  
 corn - peas

### Other vegetables include

celery sticks - cucumbers green peppers - green bean iceberg lettuce - onion zucchini - mushrooms

## Daily Fruit Selections May Include:

Oranges - Apples - Bananas  
 Grapes - Pears - Peaches  
 Cantaloupe - Mellon  
 Berries - Applesauce  
 Pineapple - Mixed Fruit  
 Mandarin Oranges



|                        | MONDAY                                     | TUESDAY                                  | WEDNESDAY                            | THURSDAY   |  |                             |                             |   |
|------------------------|--|--|--------------------------------------|--|--|-----------------------------|-----------------------------|---|
| Choose any Entrée      | 8/21                                       | 8/22                                     | 8/23                                 | 8/24   |  |                             |                             |   |
| Signature Entrée       |  |  | Pasta Bake<br>W/ Garlic Bread Stick  | Hot Ham & Cheese<br>On a Pretzel Roll                                  |  |                             |                             |   |
| J.Clark's Grille       |  |  | Chicken Nuggets & Roll               | Spicy Chicken<br>Sandwich  |  |                             |                             |   |
| Poblano's              |  |  | Nacho Grande                         | Soft Shell Taco  |  |                             |                             |   |
| Pizza Express          |  |  | Pepperoni                            | Meat Lovers  |  |                             |                             |   |
| Bravo                  |  |  | Stir Fry                             | Stir Fry   |  |                             |                             |   |
| Up for Grabs with Roll |  |  | Chef                                 | Oriental Chicken   |  |                             |                             |   |
| Featured Veggies       |  |  | Caesar Salad                         | Tater Tots   |  |                             |                             |   |
| Featured Fruit         |  |  | Celery Sticks                        | Cole Slaw  |  |                             |                             |   |
| Choose a Milk          |  |  | Mixed Fruit                          | Applesauce   |  |                             |                             |   |
|                        |  |  |                                      |  | 1% Milk                                  | 1% Milk                     |                             |   |
|                        |  |  | Fat Free Chocolate Milk              | Fat Free Chocolate Milk  |  |                             |                             |   |
| Choose any Entrée      | 8/28                                       | 8/29                                     | 8/30                                 | 8/31   |  |                             |                             |   |
| Signature Entrée       | Italian Meatball<br>Hoagie                 | Chicken Mashed Potato<br>Bowl            | Bacon Cheeseburger w/<br>Curly Fries | Texas<br>Toasted Cheese  |  |                             |                             |   |
| J.Clark's Grille       | Chicken Nuggets & Roll                     | Chicken Patty<br>Sandwich                | Popcorn Chicken & Roll               | Spicy Chicken<br>Sandwich  |  |                             |                             |   |
| Poblano's              | Nacho Grande                               | Soft Shell Taco                          | Nacho Grande                         | Soft Shell Taco  |  |                             |                             |   |
| Pizza Express          | Meat Lovers                                | Veggie Lover                             | Stromboli w/ Sauce                   | Buffalo Chicken  |  |                             |                             |   |
| Bravo                  | Stir Fry                                   | Stir Fry                                 | Stir Fry                             | Stir Fry   |  |                             |                             |   |
| Up for Grabs with Roll | Chef                                       | Garden                                   | Chicken Caesar                       | Garden   |  |                             |                             |   |
| Featured Veggies       | Seasoned Potato Wedges                     | Mashed Potatoes                          | Cole Slaw                            | Tomato Soup  |  |                             |                             |   |
|                        | Strawberry Spinach Salad                   | Celery Sticks                            | Carrots Sticks                       | Tater Tots   |  |                             |                             |   |
| Featured Fruit         | Diced Pears                                | Cranberry Sauce                          | Apple Sauce                          | Peaches  |  |                             |                             |   |
| Choose a Milk          | 1% Milk                                    | 1% Milk                                  | 1% Milk                              | 1% Milk  |  |                             |                             |   |
|                        | Fat Free Chocolate Milk                    | Fat Free Chocolate Milk                  | Fat Free Chocolate Milk              | Fat Free Chocolate Milk  |  |                             |                             |   |
| Choose any Entrée      | 9/4  | 9/5                                      | 9/6                                  | 9/7  |  |                             |                             |   |
| Signature Entrée       |  |  |                                      |  |  |                             |                             |   |
| J.Clark's Grille       |  |  |                                      |  | Philly Cheese Steak<br>With Potato Chips | Chicken Patty<br>Sandwich   | Popcorn Chicken & Roll      | Oriental Sesame Chicken<br>Steamed Rice |
| Poblano's              |  |  |                                      |  | Soft Shell Taco                          | Soft Shell Taco             | Nacho Grande                | Nacho Grande                            |
| Pizza Express          |  |  |                                      |  | Meat Lovers                              | Meat Lovers                 | Pierogie Pizza              | Meat Lovers                             |
| Bravo                  |  |  |                                      |  | Pasta w/ Chicken Bruschetta              | Pasta w/ Chicken Bruschetta | Pasta w/ Chicken Bruschetta | Pasta w/ Chicken Bruschetta             |
| Up for Grabs           |  |  |                                      |  | Oriental Chicken                         | Oriental Chicken            | Chicken Caesar              | Chef                                    |
| Featured Veggies       |  |  |                                      |  | Mashed Potatoes                          | Mashed Potatoes             | Green Pepper Strips         | Baby Carrots                            |
|                        |  |  |                                      |  | Chick Pea Salad                          | Chick Pea Salad             | Broccoli Salad              | Caesar Salad                            |
| Featured Fruit         |  |  |                                      |  | Pineapple                                | Pineapple                   | Fruit & Jello               | Mandarin Oranges                        |
| Choose a Milk          |  |  |                                      |  | 1% Milk                                  | 1% Milk                     | 1% Milk                     | 1% Milk                                 |
|                        | Fat Free Chocolate Milk                    | Fat Free Chocolate Milk                  | Fat Free Chocolate Milk              | Fat Free Chocolate Milk  |  |                             |                             |   |
| Choose any Entrée      | 9/11                                       | 9/12                                     | 9/13                                 | 9/14   |  |                             |                             |   |
| Signature Entrée       | Penne Pasta & Meatballs<br>w/ Garlic Stick | Spicy Buffalo Chicken<br>Hoagie w/ Fries | Cowboyburger On a<br>Bun             | Hot Turkey & Gravy<br>Open Faced Sandwich                              |  |                             |                             |   |
| J.Clark's Grille       | Chicken Nuggets & Roll                     | Chicken Patty<br>Sandwich                | Popcorn Chicken & Roll               | Spicy Chicken<br>Sandwich  |  |                             |                             |   |
| Poblano's              | Nacho Grande                               | Soft Shell Taco                          | Nacho Grande                         | Soft Shell Taco  |  |                             |                             |   |
| Pizza Express          | Meat Lovers                                | Buffalo Chicken                          | White Pizza (Tomato Garlic)          | Chicken Bacon Ranch  |  |                             |                             |   |
| Bravo                  | Stir Fry                                   | Stir Fry                                 | Stir Fry                             | Stir Fry   |  |                             |                             |   |
| Up for Grabs           | Chef                                       | Oriental Chicken                         | Chicken Caesar                       | Oriental Chicken   |  |                             |                             |   |
| Featured Veggies       | Caesar Salad                               | Chick Pea Salad                          | Cole Slaw                            | Mashed Potatoes  |  |                             |                             |   |
|                        | Carrots Sticks                             | Broccoli                                 | Baked Beans                          | Celery Sticks  |  |                             |                             |   |
| Featured Fruit         | Apple Sauce                                | Mixed Fruit                              | Apple Crisp                          | Pears  |  |                             |                             |   |
| Choose a Milk          | 1% Milk                                    | 1% Milk                                  | 1% Milk                              | 1% Milk  |  |                             |                             |   |
|                        | Fat Free Chocolate Milk                    | Fat Free Chocolate Milk                  | Fat Free Chocolate Milk              | Fat Free Chocolate Milk  |  |                             |                             |   |
| Choose any Entrée      | 9/18                                       | 9/19                                     | 9/20                                 | 9/21   |  |                             |                             |   |
| Signature Entrée       | Chicken Alfredo<br>Over Pasta-Garlic Stick | "State Fair" Corn Dog<br>Curly Fries     | Chicken & Gravy<br>Over Biscuit      | Stuffed Buffalo Chicken &<br>Cheese Sandwich<br>Seasoned Potato Wedges |  |                             |                             |   |
| J.Clark's Grille       | Chicken Nuggets & Roll                     | Chicken Patty<br>Sandwich                | Popcorn Chicken & Roll               | Spicy Chicken<br>Sandwich  |  |                             |                             |   |
| Poblano's              | Nacho Grande                               | Soft Shell Taco                          | Nacho Grande                         | Soft Shell Taco  |  |                             |                             |   |
| Pizza Express          | Buffalo Chicken                            | Veggie Lovers                            | Buffalo Chicken                      | Pierogie   |  |                             |                             |   |
| Bravo                  | Jacked Up Fries                            | Jacked Up Fries                          | Jacked Up Fries                      | Jacked Up Fries  |  |                             |                             |   |
| Up for Grabs           | Chef                                       | Oriental Chicken                         | Chef                                 | Garden   |  |                             |                             |   |
| Featured Veggies       | Baby Carrots                               | Creamy Cucumbers                         | Baby Carrots                         | Celery Sticks  |  |                             |                             |   |
|                        | 3 Bean Salad                               | Celery Sticks                            | 3 Bean Salad                         | Cucumber Slices  |  |                             |                             |   |
| Featured Fruit         | Pears                                      | Pineapple                                | Pears                                | Peaches  |  |                             |                             |   |
| Choose a Milk          | 1% Milk                                    | 1% Milk                                  | 1% Milk                              | 1% Milk  |  |                             |                             |   |
|                        | Fat Free Chocolate Milk                    | Fat Free Chocolate Milk                  | Fat Free Chocolate Milk              | Fat Free Chocolate Milk  |  |                             |                             |   |