

Richland One School District  
January 2019 ES Lunch Menu



Now Offering More Plant Based  
Options



\*PS INDICATES PLANT BASED ITEM

**OFFERED DAILY**


Assorted Fresh Fruit & Milk

Week Three	1/7/2019	1/8/2019	1/9/2019	1/10/19	1/11/2019
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. Pineapple Tidbits *PS	2 oz. Baked Beans*PS
	1/2 C Sliced Peaches	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	1/14/2019	1/15/2019	1/16/2019	1/17/2019	1/18/2019
POS MHL1	1 ea. Cheeseburger on *PS	3 oz. BBQ Chicken	8 oz. Baked Spaghetti	3 oz. Orange Chicken 16g	4 ea. Meatballs w/ 1oz. Gravy
	WGR Bun	4 oz. Sweet Kernel Corn *PS	4 oz. Green Beans *PS	3 oz. Lo Mein Noodles *PS	4 oz. Mashed Potatoes *PS
	2 oz. Lettuce*PS	4 oz. Pinto Beans *PS	1 ea. Garlic Texas Toast	4 oz. Steamed Broccoli *PS	4oz. Seasoned Lima Beans *PS
	2 ea Sliced Tomatoes*PS	1 ea. WGR Dinner Roll	4 oz. Diced Pears *PS	4 oz. Pineapple Tidbits *PS	1 ea. WGR Roll
	3 ea. Carrot Sticks*PS	4 oz. Mixed Fruit Cup *PS		1 ea. WGR Candy Pieces Chocolate Cookie	1 ea. Cool Tropics Blue Raspberry *PS
	1 ea. Ranch Dressing				
	4 oz. Sliced Peaches *PS				

\* THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

\*CONTAINS PORK

<b>OFFERED DAILY</b>
Assorted Fresh Fruit & Milk

Week One	1/21/2019	1/22/2019	1/23/2019	1/24/2019	1/25/2019
		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
		4 oz. Curly Fries *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	4 oz. Steamed Carrots *PS	4 oz. Fresh Fruit Salad *PS
		8 oz. Spinach Salad *PS	1 ea. Salad Dressing	8 oz. Kale and Mandarin Salad *PS	1 ea. Cool Tropics Kiwi/Strawberry *PS
			4 oz. Pineapple Tidbits *PS		
Week Two	1/28/2019	1/29/2019	1/30/2019	1/31/2019	2/1/2019
	1 ea. Oven Baked Fried Chicken	6 oz. Homemade Chili *PS	4 ea. Cheese Bites	1 ea. Flambroiled Chicken Sandwich	3 ea. Chicken Tenders
	4 oz. Turnip Greens*PS	1 C Garden Salad w/ Dressing *PS	1 ea. Marinara Sauce *PS	w/ 1 slice cheddar cheese	4 oz. Seasoned Collards *PS
	3 oz. Herb Roasted Potatoes*PS	1 ea. Tortilla Scoops *PS	8 oz. Caprese Salad	4 oz. Shredded Lettuce *PS	1 ea. WGR Dutch Waffle
	1 ea. Cornbread Loaf *PS	4 oz. Mixed Fruit Cup*PS	4 oz. Diced Pears *PS	2 ea. Sliced Tomatoes*PS	Cool Tropics Orange Mango *PS
	4 oz. Sliced Peaches *PS			10 ea. Tater Tots *PS	
				4 oz. Pineapple Tidbits *PS	
				1 ea. Choc Candy Pieces Cookie	

\*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER  
 REVISED 12/17/2018



\*CONTAINS PORK

