

Richland One School District
March 2020 High School Lunch Menu



Week Three	3/2/2020	3/3/2020	3/4/2020	3/5/2020	3/6/2020
POS MHL1	1 ea. WGR Turkey Corn Dog	3 oz. Beef Meatloaf	1 oz. Turkey Hot Dog on	3 oz. Teriyaki Chicken	1 ea. Laycee's Pita Pocket Pizza
	1/2 C Fresh Broccoli *PS	8 ea. Sweet Potato Wedges	WGR Bun	1 ea. Vegetable Egg Roll	2 C Garden Salad w/ Dressing *PS
	w/1 ea. Ranch Dressing	1/2 C Black eyed Peas	1 oz. Chili	1/2 C WGR Vegetable Brown Rice *PS	1 ea. Assorted Cool Tropic Slush*PS
	1/2 C Peas and Carrots *PS	1 ea. Vanilla Sugar Cookie	5 ea. Onion Rings	1/2 C Pineapple Tidbits *PS	
	1/2 C Blushing Apples *PS	1/2 C Mixed Fruit Cup *PS	1/2 C Coleslaw		
		1/2C Diced Pears *PS			
POS MHL2	3 ea. Chicken Tenders	1 ea. Turkey Pepperoni French Bread Pizza	4 ea. Buffalo Oven Roasted Wings w/ Twisted Breadstick	Nacho Supreme w/ 2 oz. WGR Tortilla chips, 3 oz. Taco meat, 1 oz. Queso Blanco, 1 oz. Olives, 1 oz. Diced onions, 4 oz. Salsa, 1 ea. Sour cream	1 ea. Cheeseburger on WGR Bun
Week Four	3/9/2020	3/10/2020	3/11/2020	3/12/2020	3/13/2020
POS MHL1	3 oz. BBQ Chicken	Taco Tuesday	5 ea. Beef Meatballs with 4 oz. Sauce	3 oz. Orange Chicken	MANAGER'S CHOICE
	1/2 C Red Beans & Rice	2oz Taco Meat on 2 ea. WGR Soft Shell	1/2 C Cooked Spaghetti	1/3 C Lo Mein Noodles *PS	1 EA. BBQ Pull Pork Flatbread Pizza
	1/2 C Seasoned Green Beans *PS	1/2 C Shredded Lettuce *PS	1/2 C Steamed Cabbage	1 ea. Vegetable Egg Roll	1 C Garden Salad w/ Dressing *PS
	1 ea. Cornbread Loaf	1/4 C Diced Tomatoes *PS	1 ea. Garlic Texas Toast	1 C Kale and Mandarin Salad *PS	15 ea. Sweet Potato Fries
	1/2 C Blushing Apples *PS	1 oz. RF Cheese, 1 ea. Sour Cream	1/2 C Diced Pears *PS	1/2 C Pineapple Tidbits *PS	1 ea. Assorted Cool Tropics Slush
	1/2 C Black Beans		1 ea. WGR Candy Pieces Chocolate Cookie		
	1/2 C Mixed Fruit Cup *PS				
POS MHL2	Spicy Chicken Sandwich	1 ea. Buffalo Chicken Pizza Slice	4 ea. Ranch Oven Roasted Wings w/ Twisted Breadstick	5 ea. Cheese Bites w/ Marinara Sauce	Chili Cheese Fries 15pcs of Oven Baked Fries, 2 oz. Chili, 1 oz. RF Shredded Cheese

* THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



***FRESH FRUITS AND SIDE SALAD OFFERED DAILY



PS= Plant Strong Item (no meat products)

**Contains Pork

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Week One	3/16/2020	3/17/2020	3/18/2020	3/19/2020	3/20/2020
POS MHL1	4 ea. Cheese Bites	BAKED POTATO BAR	1 Slice 4 Meat**Pizza	4 oz. Siracha Chicken	NO SCHOOL
	3 oz. Marinara Sauce *PS	6 oz. Homemade Chili	1 C Garden Salad *PS	1/2 C Steamed Brown Rice*PS	
	1 C Caprese Salad	1 ea. Baked Potato	1/2 C Sweet Kernel Corn	1 ea. Vegetable Egg Roll	
	1/2 C Baked Fries*PS	1/2 C Steamed Broccoli	1/2 C Diced Pears *PS	1 C Spinach and Tomato Salad	
	1/2 C Chilled Peaches *PS	1 oz. RF Cheese, 1 ea. Sour Cream	1 ea. Salad Dressing	1/2 C Blushing Apples *PS	
	1 ea. WGR Oatmeal Raisin Cookie	1 ea. Cornbread loaf			
		1/2 C Mixed Fruit Cup *PS			
POS MHL2	3 ea. Chicken Tenders	1 ea. Pepperoni French Bread Pizza	4 ea. Lemon Pepper Oven Roasted Wings w/ Twisted Breadstick	Nacho Supreme w/ 2 oz. WGR Tortilla chips, 3 oz. Taco meat, 1 oz. Queso Blanco, 1 oz. Olives, 1 oz. Diced onions, 2 oz. Diced Tomatoes, 1 ea. Sour cream	
Week Two	3/23/2020	3/24/2020	3/25/2020	3/26/2020	3/27/2020
POS MHL1	1 ea. Oven Baked Fried Chicken	1 ea. Cheeseburger - 2.4 oz. Patty on	5 ea. Meatballs w/ Onion Gravy	Country Style Mac and Cheese Bar	3 ea. Chicken Tenders
	1/2 C Collard Greens	1 ea. WGR Bun	1/2 C Mashed Potatoes *PS	6 oz. Macaroni and Cheese, 2 oz. Diced Turkey Ham	1 ea. WGR Dutch Waffle
	1/3 C Herb Roasted Potatoes*PS	1/2 C Lettuce *PS	1/2 C Seasoned Green Beans	1/4 C Buffalo Cauliflower, 1/4C Sweet Peas, 1/4C Carrots, 1/4 C Corn	1/2 C Tomato and Cucumber Salad *PS
	1 ea. WGR Cornbread Loaf	Pickles,	1 ea. Southern Style Biscuit	1/4c Steamed Broccoli	1/2 C Baked Beans
	1/2 C Chilled Peaches *PS	1/4 C Curly Fries *PS	1/2 C Diced Pears *PS	1 ea. Choc Candy Pieces Cookie	1 ea. Assorted Cool Tropics Slush
	1/2 C Mixed Fruit Cup *PS		1/2 C Blushing Apples *PS		
POS MHL2	Spicy Chicken Sandwich	1 ea. Buffalo Chicken Pizza Slice	4 ea. BBQ Oven Roasted Wings w/ Twisted Breadstick	5 ea. Cheese Bites w/ Marinara Sauce	Chili Cheese Fries 15pcs of Oven Baked Fries, 2 oz. Chili, 1 oz. RF Shredded Cheese
Week Three	3/30/2020	3/31/2020			
POS MHL1	1 ea. WGR Turkey Corn Dog	3 oz. Beef Meatloaf			
	1/2 C Fresh Broccoli *PS	8 ea. Sweet Potato Wedges*PS			
	w/1 ea. Ranch Dressing	1/2 C Black eyed Peas*PS			
	1/2 C Peas and Carrots *PS	1/2 C Mixed Fruit Cup *PS			
	1/2 C Chilled Peaches *PS	1 ea. Apple Pie Bread Pudding			
POS MHL2	3 ea. Chicken Tenders	1 ea. Turkey Pepperoni French Bread Pizza			



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