

Richland One School District
September 2021 Elementary Lunch Menu



| Week One | 9/6/2021 | 9/7/2021 | 9/8/2021 | 9/9/2021 | 9/10/2021 |
|----------|----------------------------------|---------------------------|---|---|---------------------------------|
| POS MHL1 | | 1 C Bolognese di Ravioli | 1 ea. Birria Tacos on WGR Tortilla | 1 ea. Cheeseburger 30g | 1 ea. Calzone Pizza 33g |
| | | 1/2 C Steamed Carrots | w/2 oz. BBQ Pork 13 gm | 1/2 C French Fries 33g | 1/2 C Steamed Corn 16g |
| | | 1 ea. Garlic Bread | 1/2 C Shredded Lettuce 4g, 2 oz. Tomatoes 2 g | 1/2 Cup Lettuce 4g, 2 sl. Tomatoes 2 g | 1 C Garden Salad 12g |
| | | 1/2 C Mixed Fruit Cup 15g | 1/2 C Seasoned Black Beans 41g | 3 ea. Pickles 1 g | 1 each Cool Tropics 15g |
| | | | 1/2 C Pear Cup 15g | 1/2 C Diced Peach Cup 15 g | |
| Week Two | 9/13/2021 | 9/14/2021 | 9/15/2021 | 9/16/2021 | 9/17/2021 |
| POS EL1 | 6 ea. Bang Bang Cauliflower 17g* | 3 ea. Chicken Tenders 10g | 4 ea. Plant based Chicken Nuggets | 1 ea. Pizza Slice Cheese or Pepperoni 35g | 1 ea. Chicken Fajita Wrap 5g |
| | 1/2 C WGR Vegetable Rice 36g | 1/2 C Black Eyed Peas 19g | 1 ea. Loaded Baked Sweet Potato | 1/2 C Tomato and Cucumber Salad 11g | 1 ea. Tortilla Chips 19g |
| | 1/2 C Steamed Cabbage 5g | 1/2 C Collards 3 g | 1/2 C Steamed Broccoli | 1/2 C Green Beans 7 g | 1 ea. Salsa 6g |
| | 1/2 C Sliced Peach Cup 15g | 1 ea. Cornbread 29g | 1/2 C Pear Cup 15g | 1/2 C Diced Peach Cup 15g | 1/2 C Fiesta Corn 16g |
| | | 1/2 C Mixed Fruit Cup 15g | | | 1 ea. Assorted Cool Tropics 15g |

*Plant Based Dish

**Contains Pork



Fresh Fruit Offered Daily
1 C Garden Salad Offered Daily

Revised 8/24/21

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| Week Three | 9/20/2021 | 9/21/2021 | 9/22/2021 | 9/23/2021 | 9/24/2021 |
|-----------------|-------------------------------|---|---|--|---------------------------------|
| POS EL1 | 1 C Sheppard's Pie 40g | 1 Sl. (3 oz.) Cheeseburger Meatloaf 11g | 1 C Chicken and Broccoli Alfredo 52g | 3 oz. Kung Pao Chicken 32g | 5 ea. Cheese Bites 35g |
| | 1/2 C Seasoned Green Beans 7g | 1/2 C Creole Red Beans 40g | 1/2 C Steamed Carrots 6g | 3 oz. Chow Mein 34g | 1/2 C Marinara Sauce 8g |
| | 1 ea. Breadstick 17g | 1/2 C Brown Rice 34g | 1 ea. Texas Toast Garlic Bread 14g | 1 ea. Vegetable Egg Roll 21g | 1/2 C Sweet Peas 12g |
| | 1/2 C Sliced Peach Cup 15g | 1/2 C Mixed Fruit Cup 15g | 1/2 C Pear Cup 15g | 1/2 C Diced Peach Cup 15g | 1 ea. Assorted Cool Tropics 15g |
| Week One | 9/27/2021 | 9/28/2021 | 9/29/2021 | 9/30/2021 | 10/1/2021 |
| POS MHL1 | 6 oz Bolognese di Ravioli | 1 ea. Oven Fried Chicken | 1 ea. Birria Tacos on WGR Tortilla | 1 ea. Cheeseburger 30g | 1 ea. Calzone 33g |
| | 1/2 C Steamed Carrots | 1/2 C Caulflower Mac and Cheese | w/2 oz. BBQ Pork 13 gm | 1/2 C French Fries 33g | 1/2 C Steamed Corn 16g |
| | 1 ea. Garlic Bread | 1/2 C Turnip Greens | 1/2 C Shredded Lettuce 4g, 2 oz. Tomatoes 2 g | 1/2 Cup Lettuce 4g, 2 sl. Tomatoes 2 g | 1 C Garden Salad 12g |
| | 1/2 C Sliced Peach Cup 15g | 1/2 C Mixed Fruit Cup 15g | 1/2 C Seasoned Black Beans 41g | 3 ea. Pickles 1 g | 1 each Cool Tropics 15g |
| | | | 1/2 C Pear Cup 15g | 1/2 C Diced Peach Cup 15 g | |
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*Plant Based Dish

**Contains Pork

Fresh Fruit Offered Daily
1 C Garden Salad Offered Daily



Revised 8/24/21