


**Richland One School District
September 2021 Middle 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	
POS MHL2		1 Sl. Pepperoni Pizza 33g**	1 ea. Spicy Breaded Chicken Sandwich 41g	Chicken Tender Basket: 3 Tenders 10g w/ 10 Baked Fries 33g	Nacho Supreme: 3 oz. Ground beef, 10 ea. Tortilla Chips, 1 oz. sourcream, 1/2 C Salsa, 1 oz. RF Cheese 56g
Week Two	9/13/2021	9/14/2021	9/15/2021	9/16/2021	9/17/2021
POS EL1	1/2 C Bang Bang Cauliflower 22g*	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
POS MHL2	4 ea. Buffalo Wings	1 Sl. Cheese Pizza 33g**	1 ea. Grilled Chicken Sandwich 27g	Chicken Tender Basket: 3 Tenders 10g w/ 10 Baked Fries 33g	Nacho Supreme: 3 oz. Ground beef, 10 ea. Tortilla Chips, 1 oz. sourcream, 1/2 C Salsa, 1 oz. RF Cheese 56g

*Plant Based Dish

**Contains Pork



**Fresh Fruit Offered Daily
1 C Garden Salad Offered Daily**

Revised 8/23/21

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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
POS MHL2	5 ea. Cheese Bites 35g	1 Sl. Pepperoni Pizza 33g**	1 ea. Breaded Dill Chicken Sandwich 41g	Chicken Tender Basket: 3 Tenders 10g w/ 10 Baked Fries 33g	Nacho Supreme: 3 oz. Ground beef, 10 ea. Tortilla Chips, 1 oz. sourcream, 1/2 C Salsa, 1 oz. RF Cheese 56g
Week One	9/27/2021	9/28/2021	9/29/2021	9/30/2021	10/1/2021
POS MHL1	1 C 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	
POS MHL2	4 ea. Buffalo Wings	1 Sl. Cheese Pizza 33g**	1 ea. Spicy Breaded Chicken Sandwich 41g	Chicken Tender Basket: 3 Tenders 10g w/ 10 Baked Fries 33g	Nacho Supreme: 3 oz. Ground beef, 10 ea. Tortilla Chips, 1 oz. sourcream, 1/2 C Salsa, 1 oz. RF Cheese 56g

*Plant Based Dish

**Contains Pork



Fresh Fruit Offered Daily
1 C Garden Salad Offered Daily

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