

**Richland One School District
September 2021 C.A.C.F.P. Menu**

Week One	9/6/2021	9/7/2021	9/8/2021	9/9/2021	9/10/2021
		1 ea. Turkey and Cheese Sub	1 ea. Crustless Sunbutter and Jelly Sandwich 33g	1 ea. Chicken Tender Salad 31g : 3 oz. Chicken Tenders	1 ea. Turkey and Cheese on Wrap 25g
		Optional: Assorted Chips	Optional: Assorted Chips	1 C Garden Salad, 2 oz. grape tomatoes, 2 slices cucumbers	Optional: Assorted Chips
		1/2 C Fresh Grape Tomatoes 8g	1/2 C Tropical Trio Veg 15g	2 pks WGR Croutons	1/2 C Fresh Carrots 9g
		1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit
Week Two	9/13/2021	9/14/2021	9/15/2021	9/16/2021	9/17/2021
	1 ea. Turkey and Cheese Wedge Sandwich 25g	1 ea. Chicken Fajita Wrap 25g	1 ea. Chicken Salad on hoagie roll 41g	1 ea. Chef Salad 12g: 1 oz Turkey Ham & 1 oz Cheese, 1/2 Boiled egg	1 ea. Turkey Ham and Cheese Sub 40g
	Optional: Assorted Chips	Optional: Assorted Chips	Optional: Assorted Chips	1 C Garden Salad, 2 oz. grape tomatoes, 2 slices cucumbers	Optional: Assorted Chips
	1/2 C Fresh Broccoli 8g	1/2 C Fresh Grape Tomatoes 8g	1/2 C Tropical Trio Veg 15g	2 pks WGR Croutons	1/2 C Fresh Carrots 9g
	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit
Week Three	9/20/2021	9/21/2021	9/22/2021	9/23/2021	9/24/2021
	Turkey Ham and Cheese Wrap 25g	Cold Cut Sub 40g: 1 oz. Turkey Ham, 1 oz. Turkey, 2 Slices	Turkey Ham and Cheese Anytimers	Chicken Salad 16g: : 4 oz. Chicken Salad, 1 oz. RF	Turkey Ham and Cheese on Wedge 30g
	Optional: Assorted Chips	Optional: Assorted Chips	Optional: Assorted Chips	1 C Garden Salad, 2 oz. grape tomatoes, 2 slices cucumbers	Optional: Assorted Chips
	1/2 C Fresh Broccoli 8g	1/2 C Fresh Grape Tomatoes 8g	1/2 C Tropical Trio Veg 15g	2 pks WGR Croutons	1/2 C Fresh Carrots 9g
	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit
Week One	9/27/2021	9/7/2021	9/8/2021	9/9/2021	9/10/2021
	1ea Turkey Ham and Cheese Croissant 28g	1 ea. Turkey and Cheese Sub	1 ea. Crustless Sunbutter and Jelly Sandwich 33g	1 ea. Chicken Tender Salad 31g : 3 oz. Chicken Tenders	1 ea. Turkey and Cheese on Wrap 25g
	Optional: Assorted Chips	Optional: Assorted Chips	Optional: Assorted Chips	1 C Garden Salad, 2 oz. grape tomatoes, 2 slices cucumbers	Optional: Assorted Chips
	1/2 C Fresh Broccoli 8g	1/2 C Fresh Grape Tomatoes 8g	1/2 C Tropical Trio Veg 15g	2 pks WGR Croutons	1/2 C Fresh Carrots 9g
	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit

Garden Salad:

Iceburg, Spinach, Shredded Carrots, Tomatoes

8oz Milk Offered Daily Carb Count:

FF Chocolate: 24g; 1% Low Fat: 13g FF Vanilla: 23g; Skim Milk: 13g

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



WATER AVAILABLE DAILY



Assorted Fresh Fruit 15g **Optional Assorted Chips**
Apples, Bananas, Oranges **WGR Cheetos 16g, WGR Sun Chips 19g**
RF Doritos 20g

**Richland One School District
May 2021 C.A.C.F.P. Menu**