

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

Week Two	10/4/2021	10/5/2021	10/6/2021	10/7/2021	10/8/2021
	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	10/11/2021	10/12/2021	10/13/2021	10/14/2021	10/15/2021
	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	10/18/2021	10/19/2021	10/20/2021	10/21/2021	10/22/2021
	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
Week Two	10/25/2021	10/26/2021	10/27/2021	10/28/2021	10/29/2021
	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

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



**WATER AVAILABLE DAILY**



**Assorted Fresh Fruit 15g Optional Assorted Chips**

**Apples, Bananas, Oranges WGR Cheetos 16g, WGR Sun Chips 19g  
RF Doritos 20g**

\*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

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

Revised 8/30/2021

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