

**Richland One School District
October 2021 Middle School Lunch Menu**



October 11-15, 2021

		10/4/2021	10/5/2021	10/6/2021	10/7/2021	10/8/2021
Week Two POS MHL1		5 ea. Bang Bang Plant Based Chicken Nugget g*	3 ea. Chicken Tenders 10g	1 ea. Parmesan Chicken Sandwich 61g	1 ea. Pizza Slice Cheese or Pepperoni 35g	1 ea. Grilled Cheese Sandwich 30g
		1/2 C WGR Vegetable Rice 36g	1/2 C Black Eyed Peas 19g	1/2 C Broccoli 4g	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 Seasoned Corn 16g	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
	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	
Week Three		10/11/2021	10/12/2021	10/13/2021	10/14/2021	10/15/2021
POS EL1		1 C Shrieking Sheppard's Pie 40g	1 ea. Cooing Chili Cheese Hot dog 11g: 1 Turkey hotdog on WGR Bun 1oz Chili 1 oz Cheese	1 C Humming 6 oz. Beef Chili 21gms	2 ea. Quacking Beef Tacos: 2 oz. Beef filling 2g w/ 1 WGR taco shell 9g, 1 oz. Shredded Cheese 1g, 1 ea. Sour cream 1g	5 ea. Chatter Cheese Bites 35g
		1/2 C Growling Green Beans 7g	8 ea. Trumpeting Roasted Potatoes 19g	1/2 C Screaming Steamed Carrots 6g	1/2 C Shredded Lettuce .5g, 1/4 C Tomatoes 2g	1/2 C Roaring Marinara Sauce 8g
		1 ea. Chirping Chocolate Chip Cookie 27g	1 ea. Berry Berry Blue Veg Slush 15g	1 ea. WGR Cornbread 29g	1 ea. Doritos 18g with 3 oz. Salsa 2g	1/2 C Screeching Sweet Peas 12g
		1/2 C Sliced Peach Cup 15g	1/2 C Rattling Mix Fruit Cup 15g	1/2 C Pear Cup 15g	1/2 C Applesauce Cup 15g	1 ea. Hula Cooler Cool Tropics 15g
		5 ea. Cheese Bites 35g	1 Sl. Pepperoni Pizza 33g**	1 ea. 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



Revised 9/24/21

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Week One	10/18/2021	10/19/2021	10/20/2021	10/21/2021	10/22/2021
POS EL1	6 oz Bolognese di Ravioli 55g	1 ea. Oven Fried Chicken 6g	1 ea. Birria Tacos on WGR Tortilla	1 ea. Cheeseburger 30g	1 ea. Calzone 33g
	1/2 C Steamed Carrots 3g	1/2 C Caulflower Mac and Cheese 3g	w/2 oz. BBQ Pork 13 gm	1/2 C French Fries 33g	1/2 C Steamed Corn 16g
	1 ea. Garlic Breadstick 17g	1/2 C Turnip Greens 3g	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
POS MHL2			1/2 C Pear Cup 15g	1/2 C Diced Peach Cup 15 g	
	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
Week Two	10/25/2021	10/26/2021	10/27/2021	10/28/2021	10/29/2021
POS MHL1	4 ea. Bang Bang Plant Based Chicken Nugget 17g*	3 ea. Chicken Tenders 10g	1ea. Honey Glazed Chicken 49g	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	1/2 Roasted Potatoes 19g	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 Spinach 3	1/2 C Green Beans 7 g	1 ea. Salsa 6g
	1/2 C Sliced Peach Cup 15g	1 ea. Cornbread 29g	1 ea. Cornbread 29g	1/2 C Diced Peach Cup 15g	1/2 C Fiesta Corn 16g
		1/2 C Mixed Fruit Cup 15g	1/2 C Pear Cup 15g		1 ea. Assorted Cool Tropics 15g
POS MHL2	5 ea. Cheese Bites 35g	1 Sl. Pepperoni Pizza 33g**	1 ea. 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

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**Contains Pork

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1 C Garden Salad Offered Daily



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