


Richland One School District
August 2021 Elementary School Lunch Menu

Week One			8/18/2021	8/19/2021	8/20/2021
POS EL1			1 ea. Birria Tacos on WGR Tortilla	1 ea. Cheeseburger 30g	1 ea. Cheese Pizza 31g
			w/2 oz. BBQ Pork 13 gm	1/2 C French Fries 33g	1/2 C Steamed Corn 16g
			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 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	8/23/2021	8/24/2021	8/25/2021	8/26/2021	8/27/2021
POS EL1	1/2 C BBQ Roasted Cauliflower 11g*	3 ea. Chicken Tenders 10g	Carolina Style BBQ Sandwich	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	3 oz Pull Pork on WGR Bun 40 g	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 Baked Beans 33g	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 Onion Rings 2g	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
Week Three	8/30/2021	8/31/2021	9/1/2021	9/2/2021	9/3/2021
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	4 ea. Cheese Bites 28g
	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

* Plant Based Dish

Fresh Fruit Offered Daily 15g

1 C Garden Salad Offered Daily 12g



*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Revised 8/16/2021