

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

Week One		8/18/2021		8/19/2021		8/20/2021					
<b>POS MHL1</b>			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							
<b>POS MHL2</b>	5 ea. Cheese Bites 35g	1 Sl. Pepperoni Pizza 33g**	1 ea. BBQ Chicken Taco 20g	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		8/23/2021		8/24/2021		8/25/2021		8/26/2021		8/27/2021	
<b>POS EL1</b>	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					
<b>POS MHL2</b>	5 ea. Cheese Bites 35g	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		8/30/2021		8/31/2021		9/1/2021		9/2/2021		9/3/2021	
<b>POS EL1</b>	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			
<b>POS MHL2</b>	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

**\*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**

Revised 8/16/2021

**1 C Garden Salad Offered Daily**

