

Richton School District
RICHTON HIGH SCHOOL LUNCH
FEBRUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 31 Turkey and Cheese Wr Whole Kernel Corn Baked Beans Sliced Strawberries Fresh Fruit Bowl Chocolate Milk Fat Free Milk Mayonnaise Mustard Graham Crackers	Feb - 1 Baked Pork Chop Yeast Roll Green Beans Criss Cut Sweet Potato Fresh Fruit Bowl Chilled Pear Halves Chocolate Milk Fat Free Milk Ketchup Hot Sauce	Feb - 2 Chicken and Ham Loaded Baked Potato Yeast Roll Glazed Carrots Blueberries with Whipp Topping Fresh Fruit Bowl Chocolate Milk Fat Free Milk Margarine Chocolate Pudding	Feb - 3 Chicken Nachos Spanish Rice Refried Beans Tossed Salad w/ Dress Fresh Fruit Bowl Chilled Peach Slices Chocolate Milk Fat Free Milk Taco Sauce Hot Sauce	Feb - 4 Bacon Cheese Burger Crinkle Cut Fries Mixed Vegetables Fresh Fruit Bowl Applesauce Chocolate Milk Fat Free Milk Mayonnaise Mustard Ketchup
Feb - 7 Macaroni & Cheese wit Ham Slice Whole Wheat Garlic T Whole Kernel Corn Green Peas Fresh Fruit Bowl Sliced Strawberries Chocolate Milk Fat Free Milk Hot Sauce	Feb - 8 Taco Soup Fiesta Rice Refried Beans Fresh Fruit Bowl Chilled Pear Halves Chocolate Milk Fat Free Milk Taco Sauce Saltine Crackers	Feb - 9 Spaghetti & Meat Sauc Whole Wheat Garlic T Green Beans Tossed Salad w/ Dress Fresh Fruit Bowl Blueberries with Whipp Topping Chocolate Milk Fat Free Milk Hot Sauce Chocolate Chip Cooki	Feb - 10 Chili Con Carne W/ Be Cornbread Steamed Broccoli Flore Glazed Carrots Fresh Fruit Bowl Chilled Peach Slices Chocolate Milk Fat Free Milk Chocolate Chip Cooki	Feb - 11 BBQ Turkey Sandwich Potato Salad Baked Beans Fresh Fruit Bowl Applesauce Chocolate Milk Fat Free Milk Hot Sauce Chocolate Chip Cooki
Feb - 14 Chicken Fajitas Fiesta Rice Refried Beans Whole Kernel Corn Fresh Fruit Bowl Sliced Strawberries Chocolate Milk Fat Free Milk Hot Sauce Taco Sauce	Feb - 15 Sliced Turkey with Gra Yeast Roll Mashed Potatoes with Cheese Steamed Broccoli Flore Fresh Fruit Bowl Chilled Diced Pears Chocolate Milk Fat Free Milk Hot Sauce Ketchup	Feb - 16 Beefy Nachos Grande Spanish Rice Refried Beans Whole Kernel Corn Fresh Fruit Bowl Blueberries with Whipp Topping Chocolate Milk Fat Free Milk Taco Sauce	Feb - 17 Meatloaf Pasta with Italian Red Sauce Whole Wheat Roll Glazed Carrots Seasoned Cabbage Fresh Fruit Bowl Chilled Peach Slices Chocolate Milk Fat Free Milk Barbecue Sauce	Feb - 18 American Sub Criss Cut Sweet Potato Baked Beans Tossed Salad w/ Dress Fresh Fruit Bowl Applesauce Chocolate Milk Fat Free Milk Mayonnaise Mustard Ketchup
Feb - 21	Feb - 22 Hamburger Steak w/ G Yeast Roll Mashed Potatoes Whole Kernel Corn Fresh Fruit Bowl Chilled Diced Pears Chocolate Milk Fat Free Milk Ketchup	Feb - 23 Chicken Spaghetti Whole Wheat Garlic T Green Beans Tossed Salad w/ Dress Fresh Fruit Bowl Blueberries with Whipp Topping Chocolate Milk Fat Free Milk Hot Sauce	Feb - 24 Taco Pie Refried Beans Tex Mex Style Beans Fresh Fruit Bowl Chilled Peach Slices Chocolate Milk Fat Free Milk Graham Crackers Taco Sauce Chocolate Chip Cooki	Feb - 25 BBQ Pork Sandwich Potato Salad Baked Beans Fresh Fruit Bowl Applesauce Chocolate Milk Fat Free Milk Barbecue Sauce

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.