

Richton School District
RICHTON HIGH SCHOOL LUNCH
MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				Mar - 1 Macaroni & Cheese wit Ham Slice Whole Kernel Corn Seasoned Lima Beans Fruit Crisp Fresh Oranges Chocolate Milk Fat Free Milk Whole Wheat Roll
Mar - 4 Sloppy Joe on Bun Spicy Fries Baby Carrots w/ Dressi Tossed Salad w/ Dress Fruit Crisp Fresh Oranges Chocolate Milk Fat Free Milk Ketchup	Mar - 5 Bacon Burger French Fries Green Beans Baked Beans Assorted Fruit Juices Fresh Apples Chocolate Milk Fat Free Milk Ketchup Mustard, PC, MS1538 Mayonnaise	Mar - 6 Chicken Tenders Tossed Salad w/ Dress Black-Eyed Peas Baked Beans Chilled Peaches Fresh Apples Chocolate Milk Fat Free Milk Honey Mustard Sauce Sweet and Sour Sauce Ketchup Graham Crackers	Mar - 7 BBQ Pulled Pork Burg Straight Fries Creamy Coleslaw Whole Kernel Corn Pineapple Tidbits Fresh Bananas Chocolate Milk Fat Free Milk Barbecue Sauce Ketchup	Mar - 8 Corn Dog Nuggets Tossed Salad w/ Dress Baby Carrots w/ Dressi Steamed Spinach Fresh Oranges Blushing Chilled Pears Chocolate Milk Fat Free Milk Ketchup Mustard, PC, MS1538 Choclate Chip Cookie
Mar - 11 Bacon Burger French Fries Green Beans Confetti Coleslaw Assorted Fruit Juices Fresh Apples Strawberry Milk Fat Free Milk Ketchup Mustard, PC, MS1538 Mayonnaise Cheese Block	Mar - 12 Corn Dog Nuggets Tossed Salad w/ Dress Baby Carrots Baked Beans Fresh Orange Smiles Chilled Pear Halves Chocolate Milk Fat Free Milk Ketchup Mustard, PC, MS1538 Mayonnaise Assorted Puddings	Mar - 13 Chicken Tenders Tossed Salad w/ Dress Seasoned Lima Beans Baked Beans Fresh Bananas Chilled Peach Slices Chocolate Milk Fat Free Milk Honey Mustard Sauce Sweet and Sour Sauce Ketchup Whole Wheat Roll	Mar - 14 Beefy Nachos Grande Tossed Salad w/ Dress Whole Kernel Corn Green Beans Fresh Kiwi Wedges Fruit Crisp Chocolate Milk Fat Free Milk Hot Sauce Taco Sauce Graham Crackers	Mar - 15 Steak Fingers Southern Collard Gree Tossed Salad w/ Dress Fresh Apples Chocolate Milk Fat Free Milk Pineapple Tidbits Glazed Carrots Ketchup Hot Sauce Cornbread Assorted Gelatins
Mar - 18 Bean Burrito Salsa Broccoli Florets w/ Dip Tossed Salad w/ Dress Spanish Rice Fruit Cocktail Fresh Bananas Chocolate Milk Fat Free Milk Strawberry Milk Assorted Puddings	Mar - 19 Hamburger Steak w/ G Tossed Salad w/ Dress Mashed Potatoes Black-Eyed Peas Fresh Oranges Chilled Pear Halves Chocolate Milk Fat Free Milk Choclate Chip Cookie Whole Wheat Roll	Mar - 20 Chicken Nuggets Tossed Salad w/ Dress Seasoned Lima Beans Baked Beans Chilled Peach Slices Chocolate Milk Fat Free Milk Honey Mustard Sauce Sweet and Sour Sauce Ketchup Fresh Bananas Graham Crackers	Mar - 21 Sloppy Joe on Bun Spicy Fries Baby Carrots w/ Dressi California Veggies Fruit Crisp Fresh Oranges Chocolate Milk Fat Free Milk Ketchup Assorted Puddings	Mar - 22 Hamburger w/ Trimmin Steamed Spinach Glazed Carrots Seasoned Cabbage Fresh Oranges Applesauce Chocolate Milk Fat Free Milk Ketchup Mustard, PC, MS1538 Mayonnaise Assorted Gelatins

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.

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Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 25 BBQ Pork Sandwich Straight Fries Green Beans Chocolate Milk Fat Free Milk Fresh Apples Assorted Fruit Juices Confetti Coleslaw Ketchup Assorted Puddings	Mar - 26 Chicken Nachos Refried Beans Steamed Broccoli Spe Tossed Salad w/ Dress Spanish Rice Fruit Cocktail Fresh Apples Chocolate Milk Fat Free Milk Assorted Gelatins	Mar - 27 Beef Ravioli Tossed Salad w/ Dress California Veggies Baby Carrots Chocolate Pudding Sliced Apples Fresh Apples Chocolate Milk Fat Free Milk Whole Wheat Roll Assorted Puddings	Mar - 28 Hot Dog Tater Tots Tossed Salad w/ Dress Baby Carrots Assorted Fruit Juices Fresh Bananas Chocolate Milk Fat Free Milk Ketchup Mustard, PC, MS1538 Mayonnaise Graham Crackers	Mar - 29 Chicken Quesadillas Green Beans Tossed Salad w/ Dress Straight Fries Fresh Grapes Assorted Fruit Juices Chocolate Milk Fat Free Milk Graham Crackers

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