

Richton School District

RICHTON HIGH SCHOOL LUNCH

MARCH 2020

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Feb 19, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 2 Chicken Tenders Cornbread Southern Turnip Green Potato Salad Baked Beans Fresh Fruit Bowl Mandarin Fruit Cup Chocolate Milk Fat Free Milk Ketchup Honey Mustard Sauce Sweet and Sour Sauce	Mar - 3 Chicken with Alfredo Sauce Whole Wheat Garlic T Green Peas Seasoned Cabbage Fresh Fruit Bowl Chilled Peach Slices Chocolate Milk Fat Free Milk Chocolate Pudding	Mar - 4 Corn Dog Nuggets Spicy Fries Yam Patties Garden Salad W/Dressing Fresh Fruit Bowl Blushing Chilled Pears Chocolate Milk Fat Free Milk Creamsicle Dessert Ketchup Mustard, PC, MS1538	Mar - 5 Beefy Nachos Grande Salsa Spanish Rice Mexicali Corn Refried Beans Fresh Fruit Bowl Pineapple Tidbits Chocolate Milk Fat Free Milk	Mar - 6 Hot Dog Criss Cut Sweet Potato Creamy Coleslaw Baby Carrots w/ Dressi Fresh Fruit Bowl Pear Salad Chocolate Milk Fat Free Milk Brownies Ketchup Mayonnaise Mustard, PC, MS1538
Mar - 9 Tacos Ole with Chips Refried Beans Green Beans Tossed Salad w/ Dress Fresh Fruit Bowl Applesauce Chocolate Milk Fat Free Milk Graham Crackers	Mar - 10 Beef Ravioli Yeast Roll Baby Carrots Garden Salad W/Dressing Whole Kernel Corn Fresh Fruit Bowl Apricots Chocolate Milk Fat Free Milk Vanilla Pudding	Mar - 11 Pigs in a Blanket Seasoned Potato Wed Steamed Broccoli Spe Fresh Fruit Bowl Fruit Cocktail Chocolate Milk Fat Free Milk	Mar - 12 Country Fried Steak Cornbread Tomatoes with Dip Southern Collard Gree Mashed Potatoes Fresh Fruit Bowl Tropical Fruit Chocolate Milk Fat Free Milk Assorted Gelatins with Whipped Topping	Mar - 13 BBQ Pork Sandwich Baked Beans Creamy Coleslaw Fresh Fruit Bowl Mandarin Fruit Cup Chocolate Milk Fat Free Milk Choclate Chip Cookie Barbecue Sauce
Mar - 16 Mar - 23 Mexican Pizza Garden Salad W/Dressing Whole Kernel Corn Baby Carrots Fresh Fruit Bowl Applesauce Chocolate Milk Fat Free Milk Assorted Puddings	Mar - 17 Mar - 24 Macaroni & Cheese wit Ham Slice Whole Wheat Roll Green Beans Yam Patties Fresh Fruit Bowl Fruit Cocktail Chocolate Milk Fat Free Milk	Mar - 18 Mar - 25 Cheeseburger Baked Beans Creamy Coleslaw Tomatoes with Dip Fresh Fruit Bowl Tropical Fruit Chocolate Milk Fat Free Milk Ketchup Mayonnaise Mustard, PC, MS1538	Mar - 19 Mar - 26 Mandarin Chicken Stir Fried Rice Whole Wheat Garlic T California Veggies Steamed Broccoli Spe Fresh Fruit Bowl Chilled Mandarin Oranges Chocolate Milk Fat Free Milk Southern Mud	Mar - 20 Mar - 27 Chicken Nuggets Macaroni and Cheese Green Beans California Veggies Fresh Fruit Bowl Pineapple Tidbits Chocolate Milk Fat Free Milk Southern Mud Ketchup Honey Mustard Sauce Sweet and Sour 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.