

Richton School District

RICHTON HIGH SCHOOL LUNCH

OCTOBER 2019

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Sep 16, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 30 Chicken Tenders Cornbread Southern Turnip Green Potato Salad Baked Beans Fresh Fruit Bowl Mandarin Fruit Cup Chocolate Milk Fat Free Milk	Oct - 1 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	Oct - 2 Corn Dog Nuggets Spicy Fries Yam Patties Garden Salad W/Dressing Fresh Fruit Bowl Blushing Chilled Pears Chocolate Milk Fat Free Milk Creamsicle Dessert	Oct - 3 Beefy Nachos Grande Salsa Spanish Rice Mexicali Corn Refried Beans Fresh Fruit Bowl Pineapple Tidbits Chocolate Milk Fat Free Milk	Oct - 4 Hot Dog Criss Cut Sweet Potato Creamy Coleslaw Baby Carrots w/ Dressi Fresh Fruit Bowl Pear Salad Chocolate Milk Fat Free Milk Brownies
Oct - 7 Tacos Ole with Chips Refried Beans Green Beans Tossed Salad w/ Dress Fresh Fruit Bowl Applesauce Chocolate Milk Fat Free Milk Graham Crackers	Oct - 8 Beef Ravioli Yeast Roll Baby Carrots Garden Salad W/Dressing Whole Kernel Corn Fresh Fruit Bowl Apricots Chocolate Milk Fat Free Milk Vanilla Pudding	Oct - 9 Pigs in a Blanket Seasoned Potato Wed Steamed Broccoli Spe Fresh Fruit Bowl Fruit Cocktail Chocolate Milk Fat Free Milk	Oct - 10 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	Oct - 11 BBQ Pork Sandwich Baked Beans Creamy Coleslaw Fresh Fruit Bowl Mandarin Fruit Cup Chocolate Milk Fat Free Milk Choclate Chip Cookie
Oct - 14	Oct - 15	Oct - 16 Mexican Pizza Garden Salad W/Dressing Whole Kernel Corn Baby Carrots Fresh Fruit Bowl Applesauce Chocolate Milk Fat Free Milk Assorted Puddings	Oct - 17 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	Oct - 18 Cheeseburger Baked Beans Creamy Coleslaw Tomatoes with Dip Fresh Fruit Bowl Tropical Fruit Chocolate Milk Fat Free Milk
Oct - 21 Chili Cheese over Chip Crinkle Cut Fries Green Beans Garden Salad W/Dressing Fresh Fruit Bowl Chilled Peach Slices Chocolate Milk Fat Free Milk Southern Mud Graham Crackers	Oct - 22 Hamburger Steak w/ G Mexican Cornbread Southern Collard Gree Mashed Potatoes Fresh Fruit Bowl Blushing Chilled Pears Chocolate Milk Fat Free Milk Choclate Chip Cookie	Oct - 23 Corn Dog Tater Tots Seasoned Lima Beans Fresh Fruit Bowl Pear Salad Chocolate Milk Fat Free Milk Sugar Cookie	Oct - 24 Ranch Parmesan Past Chicken Whole Wheat Garlic T Tossed Salad w/ Dress Glazed Carrots Fresh Fruit Bowl Chilled Diced Pears Chocolate Milk Fat Free Milk	Oct - 25 Country Fried Steak Sandwich Hashbrown Potatoes California Veggies Tomatoes with Dip Fresh Fruit Bowl Fresh Pineapple Cube Chocolate Milk Fat Free Milk

***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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Sep 16, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 28	Oct - 29	Oct - 30	Oct - 31	Nov - 1
Beef Taco with Soft Tortilla Straight Fries Whole Kernel Corn Tossed Salad w/ Dress Fresh Fruit Bowl Chilled Pear Halves Chocolate Milk Fat Free Milk Graham Crackers	Chicken and Dumpling Green Peas Glazed Carrots Whole Wheat Garlic T Fresh Fruit Bowl Chilled Peach Slices Chocolate Milk Fat Free Milk Brownies	Bacon Cheese Burger Baked Beans Creamy Coleslaw Garden Salad W/Dressing Fresh Fruit Bowl Fruit Cocktail Chocolate Milk Fat Free Milk Chocolate Chip Cookie	Seasoned Baked Chic Cornbread Black-Eyed Peas Southern Turnip Green Fresh Fruit Bowl Applesauce Chocolate Milk Fat Free Milk	Spicy Chicken Sandwic Crinkle Cut Fries Baby Carrots Garden Salad W/Dressing Fresh Fruit Bowl Tropical Fruit Chocolate Milk Fat Free Milk Sugar Cookie

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