

Richton School District

RICHTON HIGH SCHOOL LUNCH

AUGUST 2019

Page 1

Jul 2, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Aug - 5</p> <p>Buffalo Hot Wings Straight Fries Whole Kernel Corn Tossed Salad w/ Dress Yeast Roll Fresh Fruit Bowl Chilled Pear Halves Chocolate Milk Fat Free Milk</p>	<p>Aug - 6</p> <p>Chicken and Dumpling Green Peas Glazed Carrots Whole Wheat Garlic T Fresh Fruit Bowl Chilled Peach Slices Chocolate Milk Fat Free Milk Brownies</p>	<p>Aug - 7</p> <p>Bacon Cheese Burger Baked Beans Creamy Coleslaw Garden Salad W/Dressing Fresh Fruit Bowl Fruit Cocktail Chocolate Milk Fat Free Milk Choclote Chip Cookie</p>	<p>Aug - 8</p> <p>Seasoned Baked Chic Cornbread Black-Eyed Peas Southern Turnip Green Fresh Fruit Bowl Applesauce Chocolate Milk Fat Free Milk</p>	<p>Aug - 9</p> <p>Spicy Chicken Sandwic Crinkle Cut Fries Baby Carrots Garden Salad W/Dressing Fresh Fruit Bowl Tropical Fruit Chocolate Milk Fat Free Milk Sugar Cookie</p>
<p>Aug - 12</p> <p>Chicken Nuggets Macaroni and Cheese Green Beans California Veggies Fresh Fruit Bowl Pineapple Tidbits Chocolate Milk Fat Free Milk Southern Mud</p>	<p>Aug - 13</p> <p>Loaded Baked Potato with Chicken and Ham Salsa Garden Salad W/Dressing Saltine Crackers Croutons Whole Wheat Roll Fresh Fruit Bowl Mandarin Fruit Cup Chocolate Milk Fat Free Milk</p>	<p>Aug - 14</p> <p>Hamburger w/ Trimmin Tater Tots Corn on the Cob Tomatoes with Dip Fresh Fruit Bowl Applesauce Chocolate Milk Fat Free Milk Sugar Cookie</p>	<p>Aug - 15</p> <p>Cheesy Chicken Over/ Whole Wheat Roll Seasoned Lima Beans Glazed Carrots Fresh Fruit Bowl Fruit Cocktail Chocolate Milk Fat Free Milk</p>	<p>Aug - 16</p> <p>Grilled Chicken Sandwi Seasoned Potato Wed Yam Patties Fresh Fruit Bowl Tropical Fruit Chocolate Milk Fat Free Milk Choclote Chip Cookie</p>
<p>Aug - 19</p> <p>Chicken Tenders Cornbread Southern Turnip Green Potato Salad Baked Beans Fresh Fruit Bowl Mandarin Fruit Cup Chocolate Milk Fat Free Milk</p>	<p>Aug - 20</p> <p>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</p>	<p>Aug - 21</p> <p>Corn Dog Nuggets Spicy Fries Yam Patties Garden Salad W/Dressing Fresh Fruit Bowl Blushing Chilled Pears Chocolate Milk Fat Free Milk Creamsicle Dessert</p>	<p>Aug - 22</p> <p>Beefy Nachos Grande Salsa Spanish Rice Mexicali Corn Refried Beans Fresh Fruit Bowl Pineapple Tidbits Chocolate Milk Fat Free Milk</p>	<p>Aug - 23</p> <p>Hot Dog Criss Cut Sweet Potato Creamy Coleslaw Baby Carrots w/ Dressi Fresh Fruit Bowl Pear Salad Chocolate Milk Fat Free Milk Brownies</p>
<p>Aug - 26</p> <p>Steak Fingers Whole Wheat Roll Sweet Potato Casserol Green Beans Fresh Fruit Bowl Applesauce Chocolate Milk Fat Free Milk</p>	<p>Aug - 27</p> <p>Beef Ravioli Yeast Roll Baby Carrots Garden Salad W/Dressing Whole Kernel Corn Fresh Fruit Bowl Apricots Chocolate Milk Fat Free Milk Vanilla Pudding</p>	<p>Aug - 28</p> <p>Pigs in a Blanket Seasoned Potato Wed Steamed Broccoli Spe Fresh Fruit Bowl Fruit Cocktail Chocolate Milk Fat Free Milk</p>	<p>Aug - 29</p> <p>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</p>	<p>Aug - 30</p> <p>BBQ Pork Sandwich Baked Beans Creamy Coleslaw Fresh Fruit Bowl Mandarin Fruit Cup Chocolate Milk Fat Free Milk Choclote Chip Cookie</p>

**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.