



**Richland School District One**  
**Student Nutrition Services**  
**2015-16 (K-8) Elementary & Middle Box Lunch Menus**

K-8: 600-650 Kcal

Components	Monday			Tuesday			Wednesday			Thursday			Friday		
	#BLMON			#BLTUE			#BLWED			#BLTHU			#BLFRI		
	Menu	Cho	Kcal	Menu	Cho	Kcal	Menu	Cho	Kcal	Menu	Cho	Kcal	Menu	Cho	Kcal
<b>Meat/Meat Alternate</b>	Turkey Ham & Cheese: x3/.5 oz. sl. Turkey Ham 1 sl. (.5 oz.) RF Cheese	0g 1g	105 40	Turkey Bologna & Cheese: x3/.5oz. sl. Turkey Bologna 1 sl. (.5 oz.) Cheese	3g 1g	165 40	Turkey Ham, Turkey & Cheese Wrap: 2/.5 oz. Turkey Ham 2/.5 oz. Turkey Breast 1 sl. (.5 oz.) Cheese	0g 1g 1g	70 70 40	Turkey Ham Sub: X3/.5 oz. Turkey Ham 1 slice (.5 oz) RF cheese	0g 1g	52.5 40	Turkey & Cheese: 3/.5 oz. Turkey 1 sl. (.5 oz.) Cheese	1.5g 1g	105 40
<b>Grain/Bread</b>	2 Sl. WGR Sl. Bread	26g	140	2 sl. WGR Sl. Bread	26g	140	1-10" WGR Tortilla	30g	170	1 ea. WGR Hoagie Roll	29g	140	2 Sl. WGR Sl. Bread	26g	140
<b>Vegetables</b>	½ c Shredded Lettuce 2 sl. Tomato ¼ c. Carrot Sticks	2.5g 2.5g 2.5g	12.5 12.5 12.5	½ c Shredded Lettuce 2 sl. Tomato ¼ c. Celery Sticks	2.5g 2.5g 2.5g	12.5 12.5 12.5	¼ c Shredded Lettuce ¼ c Chopped Tomato ¼ c. Broccoli Florets	1.5g 2.5g 2.5g	12.5 12.5 12.5	½ c Shredded Lettuce 2 sl. Tomato ¼ c 3 Bean Salad	7.5g 2.5g 17g	38 12.5 90	½ c Shredded Lettuce 2 sl. Tomato ¼ c Baby Carrots	2.5g 2.5g 5g	12.5 12.5 25
<b>Fruits</b>	1.55 oz. Welch's Fruit Snacks ½ c Apple Slices	34g 16g	130 60	4 ea. Orange Wedge 4 oz. 100% Fruit Punch Juice	15g 7.5g	60 30	1 ea. Banana ½ c Apple Slices	15g 14g	60 57	14 ea. Mixed Fruit Cup 4 oz. 100% Apple Juice	15g 14g	60 60	1.55 oz. Welch's Fruit Snacks 1 ea. Banana	34g 15g	130 60
<b>Milk</b>	8 oz. Milk	90-110 Kcal		8 oz. Milk	90-110 Kcal		8 oz. Milk	90-110 Kcal		8 oz. Milk	90-110 Kcal		8 oz. Milk	90-110 Kcal	
	<b>Total Kcal:</b>	<b>603-643</b>		<b>Total Kcal:</b>	<b>563-603</b>		<b>Total Kcal:</b>	<b>595-635</b>		<b>Total Kcal:</b>	<b>656-696</b>		<b>Total Kcal:</b>	<b>615-655</b>	
<b>Condiments:</b>	1 ea. w/ Ranch Dip 1 ea. LT Mayonnaise 1 ea. Mustard	2g 1g 1g	140 40 5	1 ea. w/ Ranch Dip 1 ea. LT Mayonnaise 1 ea. Mustard	2g 1g 1g	140 40 5	1 ea. Ranch Dressing 1 ea. LT Mayonnaise 1 ea. Mustard	2g 1g 1g	140 40 5	1 ea. LT Mayonnaise 1 ea. Mustard	1g 1g	40 5	1 ea. Ranch Dip 1 ea. LT Mayonnaise 1 ea. Mustard	2g 1g 1g	140 40 5

Revised: 6/25/2015

**8oz Milk Carb Count:**  
 Chocolate: 24g; 1% Low Fat: 13g  
 Vanilla: 23g; Skim Milk: 13g



**100% Juice Carb Count**  
 Apple: 14g; Fruit Punch: 17g; Orange Pineapple: 16g  
 Orange: 14g; Grape: 19g