

**Richland One School District
2016-2017 9th-12th Salad Bar Menu**

9th-12th grade: 750-850 Kcals

	Monday	Tuesday	Wednesday	Thursday	Friday
	Caesar Salad	Cobb Salad	Chicken Salad	Chef Salad	Southwest Salad
Meat/Meat Alternate	2 oz. Chicken Strips 67.2/0g 1 oz. Parmesan cheese 100/0g	2 oz. Diced Turkey 70/3g 1 oz. RF Cheese 80/0g 1 oz. Chopped Boiled Egg 40/.5g	4 oz. Chicken Salad 165/7.38g 1 oz. RF Cheese 80/0g	2 oz. Diced Turkey Ham 80/2g 1 oz. RF Cheese 80/0g	3 oz. Diced Chicken 165/7.38g 1 oz. RF Cheese 80/0g
Vegetables	2 C Romaine Chopped 100/20g 1/2 C Baby Carrots 25/5g 3 ea. Grape Tomatoes 12.5/2.5g 1 oz. Black Olives 25/1g #10 sc Pasta Salad 141/16.83g	2 C Romaine Chopped 100/20g 1/4 C B. Carrots 25/5g 1/4 C Shr. Swt. Pot 48/12g 1/4 C Diced Tomato 12.5/2.5g 1/4 C Broccoli Florets 12.5/2.5g 2 oz. Dill Pickles, Sl. 10/0g	2 C. Romine Chopped 100/20g 1/2 C Spinach 25/5g 1/4 C Shredded Carrots 12.5/2.55g 1/4 C Diced Cucumbers 12.5/2.55g 3 ea. Grape Tomatoes 12.5/2.5g 1/4 C Red Onions 12.5/0 1/4 C Garbanzo Beans 62/10g	2 C Romaine Chopped 100/20g 1/4 C Red Onions 12.5/0 1/4 C Shredded Carrots 12.5/5g 3 ea. Grape Tomatoes 12.5/5g 1/4 C Broccoli Florets 12.5/2.5g 2 oz. Dill Pickles, Sl. 10/0g	2 C Shredded Lettuce 15/3g 1/4 C Diced Tomatoes 12.5/2.5g 1/ 3 oz. LS Salsa 10/2g 1 oz. Black Olives 25/1g 1/4 C Sweet Kernel Corn 36.2/7.72g 1/4 C Red Onions 12.5/0 1/8 C Black Beans 56.8/7.56
Dried Beans/Peas					
Fruits	4 oz. Pineapple Tidbitsn 64/17.6g 1 ea. Gala apple 60/15g	1/2 C Sliced Peaches 60/15g 4 ea. Orange Wedges 60/15g	1/2c Strawberries 60/15g 2 oz. Raisins 60/15g	1/2 C Diced Pears 60/15g 1 ea. Golden Apple 60/15g	1 ea. Cool Tropics Slush 60/15g 1 ea. Tangerine 60/15g
Grain/Bread	1 bg. GS Sun Chips 140/19g 2/.5oz. WGR Croutons 50/8g	1 Bg. Cool Ranch Dor. 130/19g 1 pk WGR Crackers 60/9g	1 bg. Simply Chex Ched 110/20g 2/.5oz. WGR Croutons 50/8g	1 ea. Sweet & Spicy Dor 130/20g 1 pk WGR Crackers 60/9g	2 oz. Tortilla chips 70/8g 2/.5oz. WGR Croutons 50/8g
Fluid Milk	1 ea. 8oz. Milk 90-130	1 ea. 8oz. Milk 90-130	1 ea. 8oz. Milk 90-130	1 ea. 8oz. Milk 90-130	1 ea. 8oz. Milk 90-130 1-1oz. LF Sour Cream 60/2g
Salad Dressings	Classic Ceasar 130/1g Mixed with Lettuce	1 ea. 1 oz Honey Mustard 190/12g 1 ea. 1 oz Lite Ranch 120/11g 1 ea. Balsalmic Vinaigrette 50/5g 1 ea. Zesty Italian 100/5g	1 ea. 1 oz Honey Mustard 190/12g 1 ea. 1 oz Lite Ranch 120/11g 1 ea. Balsalmic Vinaigrette 50/5g 1 ea. Zesty Italian 100/5g	1 ea. 1 oz Honey Mustard 190/12g 1 ea. 1 oz Lite Ranch 120/11g 1 ea. Balsalmic Vinaigrette 50/5g 1 ea. Zesty Italian 100/5g	1 ea. 1 oz Honey Mustard 190/12g 1 ea. 1 oz Lite Ranch 120/11g 1 ea. Balsalmic Vinaigrette 50/5g 1 ea. Zesty Italian 100/5g

Revised 9/27/16

****Subject to change based on availability of Seasonal Items**