

**Richland One School District  
2016-2017 K-8 Salad Bar Menu**

**K-8th Grade: 600-650 Kcals**

	Monday	Tuesday	Wednesday	Thursday	Friday
	Caesar Salad	Cobb Salad	Chicken Salad	Chef Salad	Southwest Salad
<b>Meat/Meat Alternate</b>	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. Ch. Boiled Egg 75	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
<b>Vegetables</b>	1 C Romaine, Chopped 50/10g 1/2 C Baby Carrots 25/5g 3 ea. Grape Tomatoes 12.5/2.5g 1 oz. Black Olives 25/1g	1 C Romaine, Chopped 50/10g 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	1 C. Romine, Chopped 50/10g 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 C Romaine, Chopped 50/10g 1/4 C Red Onions 12.5/0 1/4 C Shredded Carrots 12.5/3g 3 ea. Grape Tomatoes 12.5/2.5g 1/4 C Broccoli Florets 12.5/2.5g 2 oz. Dill Pickles, Sl. 10/0g	1 C Shredded Lettuce 7.5/1.5g 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
<b>Dried Beans/Peas</b>			1/4 C Garbanzo Beans 62/10g		1/8 C Black Beans 56.8/7.56
<b>Fruits</b>	4 oz. Pineapple Tidbits 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	1 ea. Cool Tropics Slush 60/15g 1 ea. Tangerine 60/15g
<b>Grain/Bread</b>	#10 sc Pasta Salad 141/16.83g 2/.5oz. WGR Croutons 50/8g	1 Bg. Garden Salsa SC 140/19g 1 Pk WGR Crackers 60/9g	1 bg. Sim Chx Cheddar 110/20g 2/.5oz. WGR Croutons 50/8g	1 ea. Cool Ranch Chips 130/19g 1 pk WGR Crackers 60/9g	2 oz. Tortilla chips 70/8g 2/.5oz. WGR Croutons 50/8g
<b>Fluid Milk</b>	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
<b>Salad Dressings</b>	Lettuce Tossed in Ceasar Dressing 130/1g	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

\*\*Items may change due to seasonal availability

Revised 9/27/2016