

Richland One School District
2017-18 9th-12th Salad Bar/Boxed Salad Menu

9th-12th grade: 750-850 Kcals

	Monday	Tuesday	Wednesday	Thursday	Friday
	Bavarian Salad Bar	Cobb Salad	Chicken Salad	Chef Salad	Southwest Salad
Meat/Meat Alternate	Danimals Vanilla Yogurt 70/14g 2 oz. Chicken Strips	1 oz. Diced Turkey 30/3g 1 oz. Diced Turkey Ham 35/1g 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 1 oz. Chopped Boiled Egg 40/.5g	3 oz. Diced Chicken 72/0g 1 oz. RF Cheese 80/0g
Vegetables	2C Garden Salad Mix 54/10g 6 ea. Baby Carrots 25/5g 3 ea. Grape Tomatoes 12.5/2.5g	2C Garden Salad Mix 54/10g 6 ea. Baby Carrots 25/5g 1/2 C Diced Tomato 25/5g 1/2 C Broccoli Florets 25/5g 2 oz. Dill Pickles, Sl. 10/0g	2C Garden Salad Mix 54/10g 6 ea. Baby Carrots 25/5g 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 1/2 C Pineapple Tidbits 64/17.6g	2C Garden Salad Mix 54/10g 1/4 C Red Onions 12.5/0 3 ea. Grape Tomatoes 12.5/5g 3 oz. Sweet Peas 70/12g 2 oz. Dill Pickles, Sl. 10/0g 1/4 C Diced Cucumbers 12.5/2.55g	2C Garden Salad Mix 54/10g 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
Dried Beans/Peas	1/4 C Garbanzo Beans 62/10g				1/4 C Black Beans 56.8/7.56g
Fruits	Gala apple 60/15g 1/2 C Peaches 60/15g 1/2 C Strawberries 24/6g	1/2 C Sliced Peaches 60/15g Fresh Orange 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. Orange 60/15g
Grain/Bread	2.2oz WGR Soft Pretzel 140/30g	1 Bg. Garden Salsa 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 Scoops 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
Salad Dressings	1 ea. 1 oz Honey Mustard 190/12g 1 ea. 1 oz Lite Ranch 120/11g 1 ea. Zesty Italian 100/5g	1 ea. 1 oz Honey Mustard 190/12g 1 ea. 1 oz Lite Ranch 120/11g 1 ea. Zesty Italian 100/5g	1 ea. 1 oz Honey Mustard 190/12g 1 ea. 1 oz Lite Ranch 120/11g 1 ea. Zesty Italian 100/5g	1 ea. 1 oz Honey Mustard 190/12g 1 ea. 1 oz Lite Ranch 120/11g 1 ea. Zesty Italian 100/5g	1 ea. 1 oz Honey Mustard 190/12g 1 ea. 1 oz Lite Ranch 120/11g 1 ea. Zesty Italian 100/5g

Revised 7/31/2017

**Subject to change based on availability of Seasonal Items

* This institution is an Equal Opportunity Provider