

Richland One School District
Student Nutrition Services
2017-18 HS Box Lunch Menu

Components	Monday			Tuesday			Wednesday			Thursday			Friday		
	BLMONHS			BLTUEHS			BLWEDHS			BLTHUHS			BLFRIHS		
Menu:	Turkey Ham and Cheese	Cho	Kcal	Turkey Bologna & Cheese:	Cho	Kcal	Turkey Ham, Turkey & Cheese on WGR Flatbread	Cho	Kcal	Turkey Ham Sub:	Cho	Kcal	Turkey & Cheese:	Cho	Kcal
Meat/Meat Alternate	x3/.5 oz. sl. Turkey Ham	0g	105	x3/.5 oz. sl. Turkey Bologna	3g	165	x2/.5 oz. sl. Turkey Ham	0g	105	X3/.5 oz Sliced Turkey Ham	7.38g	52.5	x3/.5 oz. sl. Turkey	1.5g	105
	1 sl. (.5 oz.) RF Cheese	1g	40	1 sl. (.5 oz.) Cheese	1g	40	x2/.5 oz. sl. oz. Turkey 1 sl. (.5 oz.) Cheese	1g 1g	105 40	1 slice (.5 oz) RF cheese	1g	40	1 sl. (.5 oz.) Cheese	1g	40
Grain/Bread	2 ea WGR Slice Bread	26g	140	2 ea. WGR Sliced Bread	26g	140	1- 6" WGR Flatbread	30g	170	1 ea. WGR Hoagie Roll	29g	140	1 ea. WGR Hamburger Bun	26g	140
	1 ea. Multigrain Garden Salsa	22g	130	1 ea. Cool Ranch Chips	19g	130	1 ea. RF Spicy Sweet Chili Chips	20g	130	1 ea. Harvest Cheddar	18g	140	1 ea. Nacho cheese Doritos	19g	130
Vegetables	½ c Shredded Lettuce	2.5g	12.5	½ c Shredded Lettuce	2.5g	12.5	½ c Shredded Lettuce	5g	12.5	½ c Shredded Lettuce	2.5g	12.5	½ c Shredded Lettuce	2.5g	12.5
	2 sl. Tomato	2.5g	12.5	2 sl. Tomato	2.5g	12.5	2 sl. Tomato	2.5g	12.5	2 sl. Tomato	2.5g	12.5	2 sl. Tomato	2.5g	12.5
Fruits	1/2 c(x6) Carrot Sticks	5g	25	½ c (x6). Celery Sticks	5g	25	1/2c 3 Bean Salad	5g	25	½ c. Broccoli Florets	17g	90	X6 Baby Carrots	5g	25
	1.5 oz. Welch's Fruit Snack	34g	130	1 ea. Fresh Orange	15g	60	1 ea. Banana	15g	60	1.55 oz. Welch's Fruit Snack	15g	60	½ c Mixed Fruit Cup	34g	130
	1 ea. Gala Apple	15g	60	4 oz. 100% Fruit Punch Jc.	14g	60	2 oz. Raisins 60/15g	14g	60	1 ea. Golden Apple	15g	60	1 ea. Orange	15g	60
Condiments:	1 ea. LT Ranch Dip	2g	140	1 ea. LT Ranch Dip	2g	140	1 ea. LT Ranch Dressing	2g	140	1 ea. LT Ranch Dressing	2g	140	1 ea. LT Ranch Dip	2	140
	1 ea. RF Mayonnaise	1g	40	1 ea. RF Mayonnaise	1g	40	1 ea. RF Mayonnaise	1g	40	1 ea. RF Mayonnaise	1g	40	1 ea. RF Mayonnaise	1g	40
	1 ea. Mustard	1g	5	1 ea. Mustard	1g	5	1 ea. Mustard	1g	5	1 ea. Mustard	1g	5	1 ea. Mustard	1g	5

Milk 90-110 Kcal