

**Richland One School District
2017-18 K-8 Salad Bar/Boxed Salad Menu**

K-8th Grade: 600-650 Kcals

	Monday	Tuesday	Wednesday	Thursday	Friday
	Bavarian Salad	Cobb Salad	Chicken Salad	Chef Salad	Southwest Salad
Meat/Meat Alternate	Danimals Vanilla Yogurt 70/14g 1 oz. Chicken Strips 160/3g	1 oz. Diced Turkey 30/3g 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 70/2g 1 oz. RF Cheese 80/0g 1 oz. Chopped Boiled Egg 40/.5g	2 oz. Diced Chicken 72/0g 1 oz. RF Cheese 80/0g
Vegetables	1 C Garden Salad Mix 27/5g 1/4 C Baby Carrots 11/2.5g 3 ea. Grape Tomatoes 12.5/2.5g	1 C Garden Salad Mix 27/5g 1/4 C Baby Carrots 11/2.5g 1/4 C Diced Tomato 12.5/2.5g 1/4 C Broccoli Florets 8/2g 2 oz. Dill Pickles, Sl. 10/0g	1 C Garden Salad Mix 27/5g 1/4 C Baby Carrots 11/2.5g 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 C Garden Salad Mix 27/5g 1/4 C Broccoli Florets 8/2g 3 ea. Grape Tomatoes 12.5/5g 1/4 C Sweet Peas 12.5/2.5g 2 oz. Dill Pickles, Sl. 10/0g 1/4 C Diced Cucumbers 12.5/2.55g	1 C Garden Salad Mix 27/5g 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
Dried Beans/Peas	1/4 C Garbanzo Beans 62/10g				1/4 C Black Beans 56.8/7.56
Fruits	2 wedges Gala apple 30/7.5g 1/4 C Peaches 30/7g 1/4 C Strawberries 12/3g	1/2 C Sliced Peaches 60/14g 4 ea. Orange Wedges 60/15g	1/2c Strawberries 60/15g 2 oz. Raisins 60/15g	1/2 C Diced Pears 60/16g 2 wedges Gala apple 30/7.5g	1 ea. Cool Tropics Slush 60/15g 1 ea. Orange 60/15g
Grain/Bread	2.2oz WGR Soft Pretzel 140/30g	1 ea. WGR Cheddar Goldfish 100/14g 2/.5oz. WGR Croutons 50/8g	1 Pk WGR Crackers 60/9g 2/.5oz. WGR Croutons 50/8g	1 ea. Simply Chex Cheddar 110/20g 1 pk WGR Crackers 60/9g	1 ea. 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 06/20/2017

* This institution is an Equal Opportunity Provider

**Items may change due to seasonal availability