

Richland One School District
Student Nutrition Services
2019-2020 K-8 Grade Box Lunch Menu

Components	Monday			Tuesday			Wednesday			Thursday			Friday		
	BLMONES			BLTUEES			BLWEDES			BLTHUES			BLFRIES		
Menu:	Turkey Ham and Cheese	Cho	Kcal	Ultimate Combo Sub	Cho	Kcal	Turkey Ham, Turkey & Cheese on Flatbread	Cho	Kcal	Turkey Ham Sub:	Cho	Kcal	Turkey & Cheese:	Cho	Kcal
Meat/Meat Alternate	x3/.5 oz. sl. Turkey Ham	0g	105	x1/.5 oz. sl. Turkey Bologna	1g	55	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	x1/.5 oz. sl. Turkey Ham x1/.5 oz. sl. oz. Turkey 1 sl. (.5 oz.) Cheese	1g .5g 1g	35 35 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	1 ea. WGR Hoagie Roll	26g	140	1 ea WGR Flatbread	30g	170	1 ea. WGR Hoagie Roll	29g	140	1 ea. WGR Croissant Roll	26g	140
	1 ea. Cheez Its	14g	100	1 ea. WGR Cheetos	13g	90	1 ea. Goldfish Pretzel	16g	60	1 ea. Funyons	14g	100	1 ea. Simply Chex Strawberry	20g	120
Vegetables	1 ea. Hummus			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
	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
Fruits	2 sl. Tomato	2.5g	12.5	1/4 C Pickles	5g	25	1/4 C Pickles	5g	25	1/4 C Pickles	17g	90	1/4 C Pickles	5g	25
	4 oz. 100% Orange Pineapple Juice	34g	130	4 oz. Apple Juice	15g	60	1.55 oz. Welch's Fruit Snack	15g	60	4 oz. Grape Juice	15g	60	4 oz. Apple Juice	34g	130
	4 ea. Red Apple	15g	60	1 ea. Fresh Orange	14g	60	1 ea. Banana	14g	60	1 ea. Golden Apple	15g	60	1 ea. Orange	15g	60
	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. 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

Revised 11/5/19

* This institution is an Equal Opportunity Provider