

**Richland One School District  
2019-20 K-8th School Fresh Deli Bar Menu**

	Monday	Tuesday	Wednesday	Thursday	Friday
	Bavarian Bar	Cobb Bar	Chicken Salad Bar	Chef Salad Bar	Southwestern Bar
<b>Salad Entrée</b>	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
<b>Or</b>					
<b>Deli Sandwich</b>	Turkey Ham and Cheese on WGR Slice Bread (	Ultimate Combo Sub on WGR Hoagie	Turkey Ham, Turkey & Cheese on WGR Flatbread	Tukey Ham Sub on WGR Hoagie Roll	Turkey & Cheese on WGR Croissant
<b>Your choice of:</b>					
<b>Salad Entrée</b>	1C Garden Salad Mix 54/10g	1C Garden Salad Mix 54/10g	1C Garden Salad Mix 54/10g	1C Garden Salad Mix 54/10g	1C Garden Salad Mix 54/10g
<b>Deli Sandwich</b>	1C Garden Salad Mix 27/5g 2 ea. Sliced Tomatoes 12.5/2.5g 2 oz. Dill Pickles, sl. 10/0g 2 oz. Diced Onions 2 oz. Diced Cucumbers 12.5/2.55g	1C Garden Salad Mix 27/5g 3 ea. Sliced Tomatoes 12.5/2.5g 2 oz. Dill Pickles, sl. 10/0g 2 oz. Diced Onions 4 oz. Broccoli Florets 25/5g	1C Garden Salad Mix 27/5g 3 ea. Sliced Tomatoes 12.5/2.5g 2 oz. Dill Pickles, sl. 10/0g 2 oz. Diced Onions 2 oz. Diced Cucumbers 12.5/2.55g	1C Garden Salad Mix 27/5g 3 ea. Sliced Tomatoes 12.5/2.5g 2 oz. Dill Pickles, sl. 10/0g 2 oz. Diced Onions 2 oz. Broccoli Florets 25/5g	1C Garden Salad Mix 27/5g 3 ea. Sliced Tomatoes 12.5/2.5g 2 oz. Dill Pickles, sl. 10/0g 2 oz. Diced Onions 2 oz. Sweet Kernel Corn 36.2/7.72g 1 oz. Black Olives 25/1g
<b>Dried Beans/Peas</b>	1/2C Three Bean Salad 5/25g				
<b>Fruits</b>	Red apple 60/15g 4 oz. Sliced Peaches 60/15g 4 oz. Strawberries 24/6g	4 oz. Mixed Fruit 60/15g 2 ea. Fresh Orange Wedges 60/15g  1 ea. WGR Cheetos 90/13g	4 oz. Banana 60/15g 1 ea. Fruit Snack 80/20g	4 oz. Pineapple Tidbits 60/15g 1 ea. Granny Apple 60/15g	1 ea. Cool Tropics Slush 60/15g 2 ea. Fresh Orange Wedge 60/15g
<b>Grain/Bread</b>	1 oz Pretzel 70/14g 2/.5oz. WGR Croutons 50/8g	2/.5oz. WGR Croutons 50/8g	1 ea. Goldfish Pretzels 90/16g 2/.5oz. WGR Croutons 50/8g	1 ea. Funyons 100/14g 2/.5oz. WGR Croutons 50/8g	1 ea. WGR Cheeze Its 100/14g 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
<b>Salad Dressings</b>	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 1/31/2020 \*\*Fruit and Vegetables are seasonal. Subject to change.

\*\*Soup is available on Fridays from January 17, 2020 to April 3, 2020 (6 oz. 43.8g carbs)