

Richland One School District
Student Nutrition Services
2019-2020 HS Box/Vending Machine Lunch Menu

Components	Monday			Tuesday			Wednesday			Thursday			Friday			
	BLMONHS			BLTUEHS			BLWEDHS			BLTHUHS			BLFRIHS			
Menu:	Turkey Ham and Cheese	Cho	Kcal	Ultimate Combo Sub	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	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	1g	35	x2/.5 oz. sl. oz. Turkey	1g	105	1 slice (.5 oz) RF cheese	1g	40	1 sl. (.5 oz.) Cheese	1g	40	
				x1/.5 oz. sl. oz. Turkey	.5g	35	1 sl. (.5 oz.) 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. Simply Chex Cheddar	20g	60	1 ea. Cool Ranch Chips 130/19g	19g	130	1 ea. WGR Cheetos	19g	90	1 ea. Funyons	14g	100	1 ea. TGIF's	19g	110	
Vegetables	1/2 C 3 Bean Salad															
	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	
	1/4 C Pickles	5g	25	1/4 C Pickles	5g	25	1/4 C Pickles	5g	25	1/4 C Pickles	17g	90	1/4 C Pickles	5g	25	
Fruits	4 oz. 100% Orange Pineapple Juice	34g	130		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	4 oz. Apple Juice	14g	60	1 ea. Banana	14g	60	1 ea. Golden Apple	15g	60	1 ea. Orange	15g	60	
				1 ea. Fresh Orange												
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
revised 8/14/19

* This institution is an Equal Opportunity Provider