

**Richland One School District
2019-20 9th-12th Fresh Deli Bar Menu**

Revised 1/31/2020

9th-12th grade: 750-850 Kcals

	Monday	Tuesday	Wednesday	Thursday	Friday
	Bavarian Bar	Cobb Bar	Chicken Salad Bar	Chef Salad Bar	Southwestern Bar
Salad Entrée	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
Or		1 oz. Chopped Boiled Egg 40/.5g Ultimate Combo Sub on WGR			
Deli Sandwich	Turkey Ham and Cheese on WGR Slice Bread	Turkey Ham, Turkey & Cheese on Hoagie	Turkey Ham, Turkey & Cheese on WGR Flatbread	Tukey Ham Sub on WGR Hoagie Roll	Turkey & Cheese Sand on WGR Croissant
Your choice of:					
Salad Entrée	2C Garden Salad Mix 54/10g	2C Garden Salad Mix 54/10g	2C Garden Salad Mix 54/10g	2C Garden Salad Mix 54/10g	2C Garden Salad Mix 54/10g
Deli Sandwich	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 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 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. Sweet Kernel Corn 36.2/7.72g 1 oz. Black Olives 25/1g
Dried Beans/Peas	4 oz. Three Bean Salad 5/25g				
Fruits	Red Apple 60/15g 4 oz. Sliced Peaches 60/15g 4 oz. Strawberries 24/6g	4 oz. Mixed Fruit 60/15g 1 ea. Fresh Orange 60/15g	4 oz. Fresh Banana 60/15g 1 ea. Fruit Snack 80/20g	4 oz. Pineapple Tidbits 60/15g 1 ea. Golden Apple 60/15g	1 ea. Cool Tropics Slush 60/15g 1 ea. Orange 60/15g
Grain/Bread	1 oz WGR Soft Pretzel 70/14g Or 2/.5oz. WGR Croutons 50/8g	1 ea. Doritos 130/19g Or 2/.5oz. WGR Croutons 50/8g	1 ea. WGR Cheetos 90/13g Or 2/.5oz. WGR Croutons 50/8g	1 ea. Funyons 100/14g Or 2/.5oz. WGR Croutons 50/8g	2 oz. TGIF Fries 110/19g Or 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

***Doritos Cool Ranch Tuesday Week 1 and 3 *Doritos Sweet & Spicy Tuesday Week 2 and 4 **TGIF: Cheese Friday Week 1 and 3 **TGIF Flaming Hot Friday Week 2 and 4**

This Institution is an Equal Opportunity Provider

****Fruits and Vegetables are seasonal and are subject to change**

****Soup is available on Fridays from January 17, 2020 to April 3, 2020 (6 oz. 43g Carbs)**