

Richland One School District
K-8th Second Choice Deli Menu
Cycle SY 21-22

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Tender Salad 42 g :	1 ea. Turkey Ham & Cheese Croissant 28g	Chef Salad 12g:	1 ea. Turkey and Cheese Wedge Sand 30g	Chicken Fajita Salad 40g :
2 ea. Chopped Chicken Tenders & 1oz Cheese	Optional: 1 ea. Assorted chips	1 oz. Turkey Ham, 1 oz. Turkey, & 1oz Cheese	Optional: 1 ea. Assorted chips	3oz. Fajita Chicken & 1oz Cheese
½ Hard Boiled Egg	1/2 C Fresh Broccoli 8g	½ Hard Boiled Egg	1/2 C Fresh Baby Carrots 11g	8 oz. Mixed Greens w/Chopped
1 c Garden Salad	1/2 C Assorted Fresh Fruit	1 Cup Garden Salad	1/2 C Assorted Fresh Fruit	2 oz. Sweet corn, 2 oz. Black beans
3 ea. Grape Tomatoes, 2 Sl. Cucumbers,		3 ea. Grape Tomatoes, 2 Sl. Cucumbers,		3 ea. Grape Tomatoes,
2 pks WGR Croutons 18g ,		2 pks WGR Croutons 18g ,		2 pks WGR Croutons 18g
1/2 C Assorted Fresh Fruit		1/2 C Assorted Fresh Fruit		1/2 C Assorted Fresh Fruit
1 ea. Salad Dressing		1 ea. Salad Dressing		1 ea. Salad Dressing

Optional Assorted Chips:

WGR Cheetos 16g, WGR Sun Chips 19g

8oz Milk Offered Daily

Skim Milk 12g : 1 %
Chocolate Milk

Assorted Fresh Fruit 15g:

Apples, Bananas, Oranges

Salad Dressing:

Ranch 2g , Italian 5g ,
Honey Mustard 9g

Revised 8/19/2021

