

Richland One School District
May 2021 C.A.C.F.P. Menu



	5/3/2021	5/4/2021	5/5/2021	5/6/2021	5/7/2021
Week One	1ea Turkey Ham and Cheese Croissant 28g	Turkey and Cheese Sub 40g	Chicken Salad on hoagie roll 41g	Chicken Tender Salad 31g : 3 oz. Chicken Tenders	Turkey and Cheese on Wrap 25g
	Optional: Assorted Chips	Optional: Assorted Chips	Optional: Assorted Chips	1 C Garden Salad, 2 oz. grape tomatoes, 2 slices cucumbers	Optional: Assorted Chips
	1/2 C Fresh Broccoli 8g	1/2 C Fresh Grape Tomatoes 8g	1/2 C Tropical Trio Veg 15g	2 pks WGR Croutons	1/2 C Fresh Carrots 9g
	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit
	5/10/2021	5/11/2021	5/12/2021	5/13/2021	5/14/2021
Week Two	Turkey and Cheese Wedge Sandwich 25g	Chicken Fajita Wrap 25g	Crustless Sunbutter and Jelly Sandwich 33g	Chef Salad 12g: 1 oz Turkey Ham & 1 oz Cheese, 1/2 Boiled egg	1 ea. Turkey Ham and Cheese Sub 40g
	Optional: Assorted Chips	Optional: Assorted Chips	Optional: Assorted Chips	1 C Garden Salad, 2 oz. grape tomatoes, 2 slices cucumbers	Optional: Assorted Chips
	1/2 C Fresh Broccoli 8g	1/2 C Fresh Grape Tomatoes 8g	1/2 C Tropical Trio Veg 15g	2 pks WGR Croutons	1/2 C Fresh Carrots 9g
	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit

Revised 4/29/21

Garden Salad:

Iceburg, Spinach, Shredded Carrots, Tomatoes



WATER AVAILABLE DAILY

Assorted Fresh Fruit 15g Optional Assorted Chips
Apples, Bananas, Oranges WGR Cheetos 16g, WGR Sun Chips 19g
RF Doritos 20g

8oz Milk Offered Daily Carb Count: _____

FF Chocolate: 24g; 1% Low Fat: 13g FF Vanilla: 23g; Skim Milk: 13g

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

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	5/17/2021	5/18/2021	5/19/2021	5/20/2021	5/21/2021
Week Three	Turkey Ham and Cheese Wrap 25g	Cold Cut Sub 40g: 1 oz. Turkey Ham, 1 oz. Turkey, 2 Slices Cheese	Turkey Ham and Cheese Anytimers	Chicken Salad 16g: : 4 oz. Chicken Salad, 1 oz. RF Cheese	Turkey Ham and Cheese on Wedge 30g
	Optional: Assorted Chips	Optional: Assorted Chips	Optional: Assorted Chips	1 C Garden Salad, 2 oz. grape tomatoes, 2 slices cucumbers	Optional: Assorted Chips
	1/2 C Fresh Broccoli 8g	1/2 C Fresh Grape Tomatoes 8g	1/2 C Tropical Trio Veg 15g	2 pks WGR Croutons	1/2 C Fresh Carrots 9g
	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit
Week One	5/24/2021	5/25/2021	5/26/2021	5/27/2021	5/28/2021
	1ea Turkey Ham and Cheese Croissant 28g	Turkey and Cheese Sub 40g	Chicken Salad on hoagie roll 41g	Chicken Tender Salad 31g : 3 oz. Chicken Tenders	Turkey and Cheese on Wrap 25g
	Optional: Assorted Chips	Optional: Assorted Chips	Optional: Assorted Chips	1 C Garden Salad, 2 oz. grape tomatoes, 2 slices cucumbers	Optional: Assorted Chips
	1/2 C Fresh Broccoli 8g	1/2 C Fresh Grape Tomatoes 8g	1/2 C Tropical Trio Veg 15g	2 pks WGR Croutons	1/2 C Fresh Carrots 9g
	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit
Week Two	5/30/2021				
	Turkey and Cheese Wedge Sandwich 25g				
	Optional: Assorted Chips				
	1/2 C Fresh Broccoli 8g				
	1 ea. Assorted Fresh Fruit				

Revised 3/31/21

Garden Salad:
Iceburg, Spinach, Shredded Carrots, Tomatoes



WATER AVAILABLE DAILY



8oz Milk Offered Daily Carb Count:

FF Chocolate: 24g; 1% Low Fat: 13g FF Vanilla: 23g; Skim Milk: 13g

Assorted Fresh Fruit 15g **Optional Assorted Chips**

Apples, Bananas, Oranges

WGR Cheetos 16

RF Doritos 20g

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g, WGR Sun Chips 19g