

Richland One School District
MS-HS 2nd Choice Deli Menu
Cycle SY 21-22

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Tender Salad 42g:	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 8 g	½ Hard Boiled Egg	1/2 C Fresh Baby Carrots 11g	8 oz. Mixed Greens w/Chopped
2 C Garden Salad Mix	1/2 C Assorted Fresh Fruit	2 C Garden Salad Mix	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,		1 ea. Assorted Doritos
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, RF Doritos 20g

8oz Milk Offered Daily

Skim Milk 12g:

Assorted Fresh Fruit

15g: Apples, Bananas, Oranges

Salad Dressing:

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

Revised 8/19/21

