

2014 - 2015

RICHLAND ONE
ELEMENTARY

SCHOOL LUNCH MENU

BREAKFAST MENU

All breakfast meals include a choice of assorted fresh fruits, 100% fruit juice and fat-free & 1% milks.

MEAL
PRICING

ELEMENTARY BREAKFAST	0.75
SECONDARY BREAKFAST	0.75
REDUCED BREAKFAST	0.30
ADULT BREAKFAST	2.25
ELEMENTARY LUNCH	1.35
SECONDARY LUNCH	1.50
REDUCED LUNCH	0.40
ADULT LUNCH	3.75

DID YOU
KNOW?

- AT LEAST 3 DARK GREEN OR ORANGE VEGETABLES ARE OFFERED WEEKLY.
- 1 OR MORE WHOLE GRAIN ITEMS ARE OFFERED DAILY.
- AN ASSORTMENT OF FRESH FRUITS IS OFFERED DAILY.
- A DRIED BEAN ITEM IS OFFERED AT LEAST ONCE PER WEEK.

LUNCH MENU

Chef Salads & Deli Sandwiches are offered as an alternate meal daily. Manager's Choice is designed to allow popular and/or new menu items to be included in the menu cycle. Menus are planned to meet USDA Healthy Menu standards. Vegetarian Chef Salads Offered daily.

SCHOOL MEAL CALENDAR

- Week One Meal Plan
- Week Two Meal Plan
- Week Three Meal Plan
- Week Four Meal Plan

WEEK 1

MONDAY

- Mini Cheese Ravioli
- Seasoned Green Beans
- WGR Breadstick
- Sliced Peaches
- Seasonal Fresh Fruits
- Milk

TUESDAY

- Oven Roasted Chicken
- Breaded Okra
- Pinto Beans
- Mashed Baby Red Potatoes
- Pineapple Tidbits
- Seasonal Fresh Fruits
- Milk

WEDNESDAY

- Mac & Beef
- Carrot Coins
- Oven Baked Onion Rings
- Kiwi Strawberry Juice Smoothie
- Seasonal Fresh Fruits
- Milk

THURSDAY

- Chicken Nuggets
- Baby Lima Beans
- Potato Tots
- Chocolate Brownie Cookie
- Seasonal Fresh Fruits
- Cinnamon Apples
- Milk

FRIDAY

- Teriyaki Chicken
- Broccoli Florets w/ Ranch Dip
- Vegetable Fried Rice
- Diced Pears
- Seasonal Fresh Fruits
- Milk

WEEK 2

MONDAY

- Salisbury Steak
- Salad Greens w/Romaine
- Baked Chopped Sweet Potatoes
- BlueRaspberry-Lemon Juice Smoothie
- Seasonal Fresh Fruits
- Milk

TUESDAY

- Spicy Beef & Cheese Nachos w/ Salsa & Chopped Lettuce & Tomatoes
- Tostitos Scoops
- Sliced Peaches
- Seasonal Fresh Fruits
- Milk

WEDNESDAY

- Chicken Filet Sliders w/Lettuce & Tomato
- Oven Baked Potato Rounds
- Carrot Sticks w/Ranch Dip
- Strawberry Cup
- Seasonal Fresh Fruits
- Milk

THURSDAY

- Spaghetti & Meat Sauce
- Whole Kernel Corn
- Seasoned Green Beans
- Mini Cinnamon Rolls
- Seasonal Fresh Fruit
- 100% Fruit Juice
- Milk

FRIDAY

- Chicken Tenders
- Brown Rice
- Salad Greens w/ Romaine
- WGR Roll
- Pineapple Tidbits
- Seasonal Fresh Fruits
- Milk

WEEK 3

MONDAY

- Honey BBQ Wings
- Baked Sweet Potato Bites
- Garden Salad
- WGR Cool Brownie
- Seasonal Fresh Fruits
- 100% Fruit Juice
- Milk

TUESDAY

- Ham Mac & Cheese Casserole
- Baby Carrots
- WGR Muffin
- Applesauce
- Seasonal Fresh Fruits
- Milk

WEDNESDAY

- Cheeseburger Sliders
- Oven Baked Fries
- Garden Salad w/ Romaine
- Seasonal Fresh Fruits
- 100% Fruit Juice
- Milk

THURSDAY

- Meat Loaf
- Seasoned Collard Greens
- Blackeyed Peas
- WGR Cornbread Muffin
- Cinnamon Apple Slices
- Seasonal Fresh Fruits
- Milk

FRIDAY

- BBQ Pork
- Baked Beans
- Creamy Coleslaw
- WGR Roll
- Seasonal Fresh Fruits
- Strawberry Cup
- Milk

WEEK 4

MONDAY

- Personal Pepperoni Pizza
- Chopped Sweet Potatoes
- Broccoli Florets w/Ranch Dip
- Fruit Cocktail
- Cinnamon Apples
- Seasonal Fresh Fruits
- Milk

TUESDAY

- Sloppy Joe Sliders
- Oven Baked FF Potatoes
- Garden Salad w/Romaine
- Diced Peaches
- Seasonal Fresh Fruits
- Sour-Cherry Lemon Juice Smoothie
- Milk

WEDNESDAY

- BBQ Chicken
- WK Corn
- Baked Beans
- WGR Roll
- Strawberry Cup
- Seasonal Fresh Fruit
- Milk

THURSDAY

- Cheese Stuffed Bread Sticks
- Marinara Sauce
- Salad Greens w/Grape Tomatoes
- Diced Pears
- Seasonal Fresh Fruits
- Milk

MANAGER'S
CHOICE

AUGUST 14

S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

SEPTEMBER 14

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19	20	21	22	23	24	25
26	27	28	29	30		

OCTOBER 14

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19	20	21	22	23	24	25
26	27	28	29	30	31	

NOVEMBER 14

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23	24	25	26	27	28	29
30						

DECEMBER 14

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19	20	21	22	23	24	25
26	27	28	29	30	31	

JANUARY 15

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

FEBRUARY 15

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19	20	21	22	23	24	25
26	27	28	29	30		

MARCH 15

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

APRIL 15

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

MAY 15

S	M	T	W	T	F	S
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2	3	4	5	6	7	8
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



PRE-PAYMENTS ONLINE

Make your first payment your last! Now use your debit or credit card to make payments online at: www.MyLunchMoney.com or call 1-800-479-3531.



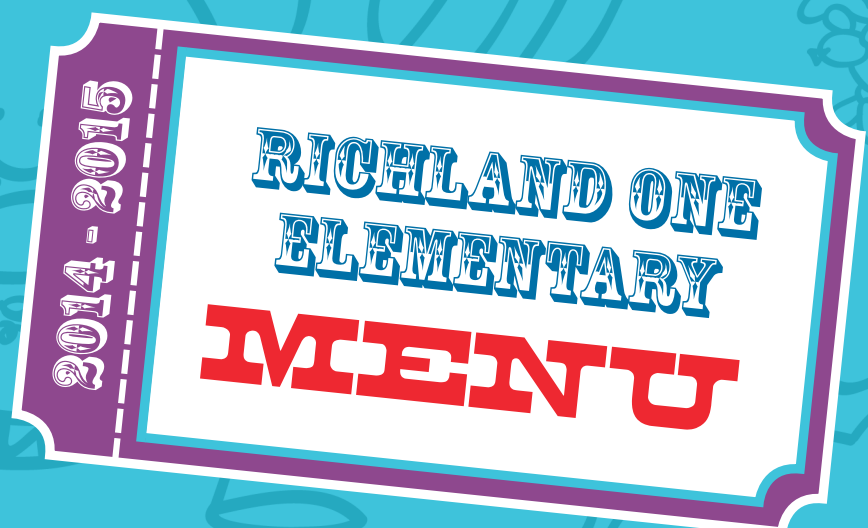
CHECK

Make checks payable to Student Nutrition Services and bring to cafeteria (in memo include student's name and school).



CASH

Cash may be brought to your child's school cafeteria for deposit into their meal account, or student may pay with cash on a daily basis.



*Richland School District One
Student Nutrition Services
201 Park Street
Columbia, SC 29201
Office: (803) 231-6953
Fax: (803) 231-6962*