014 - 2015 SCHOOL LUNCH MENU

ELEMENTARY BREAKFAST 0.75 SECONDARY BREAKFAST...... 0.75 REDUCED BREAKFAST 0.30 ADULT BREAKFAST 2.25 ELEMENTARY LUNCH...... 1.35 SECONDARY LUNCH REDUCED LUNCH..... ADULT LUNCH..... 3.75

RICHA

- AT LEAST 3 DARK GREEN OR ORANGE VEGETABLES ARE OFFERED WEEKLY.
- I 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.

MONDAY

CHOOSE ONE

- Breakfast Bagel Pizza OR
- Yogurt Parfait w/Fruit & Granola

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76

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Asst. Dry Cereals

MONDAY

CHOOSE ONE

OR

& Granola

Asst. Dry Cereals

CHOOSE ONE

OR

Asst. Dry Cereals

WONDAT

Mini Cinnamon Roll

Yogurt Parfait w/Fruit

TUESDAY

CHOOSE ONE

- CHOOSE ONE Kellogg's® Mini Blueberry Pancake
- Dannon Strawberry Yogurt w/Chocolate Chip

TUESDAY

CHOOSE ONE

Turkey Sausage Roll

NR

Dannon Straw

Banana Yogurt w/Apple

Cinnamon Muffin

Asst. Dry Cereals

Asst. Dry Cereals

WEDNESDAY

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

- Southern WGR Grits • Turkey Sausage • Mini WGR Biscuit
- · Asst. Dry Cereals

VEDNESDA

CHOOSE ONE

Southern WGR Grits

Egg & Cheese

Omelette

· Asst. Dry Cereals

THURSDAY **CHOOSE ONE**

- Choc. Chip Mini French Toast OR
- Yogurt Parfait w/Fruit & Granola

CHOOSE ONE

Turkey Bacon, Egg &

Cheese Toast

Asst. Dry Cereals

FRIDAY

CHOOSE ONE

FRIDAY

CHOOSE ONE

Pancake Sausage on

a Stick

OR

Dannon Vanilla Yogurt

w/Cinnamon Gripz®

Asst. Dry Cereals

- Eggo® Maple Waffles
- OR Dannon Strawberry Yogurt w/Choc. Chip

CHOOSE ONE

Cherry Frudel

OR

Dannon Straw

Banana Yogurt

Asst. Dry Cereals

 Yogurt Parfait w/Fruit Gripz® & Granola OR

Asst. Dry Cereals Asst. Dry Cereals FRIDAS

THURSDA **CHOOSE ONE**

CHOOSE ONE

TUESDAY

- Apple Frudel Turkey Sausage Biscuit OR Yogurt Parfait w/Fruit OR & Granola
 - Dannon Vanilla Yogurt w/Blueberry Muffin
 - Asst. Dry Cereals

CHOOSE ONE

- Cheezy WGR Grits WGR Mini Biscuit
 - OR Asst. Dry Cereals

- Egg & Sausage Fold & Go OR
- Yogurt Parfait w/ Fruit & Granola
 - Asst. Dry Cereals

CHOOSE ONE

- Egg & Cheese Biscuit OR
- **Dannon Vanilla Yogurt** w/Cinnamon Gripz® OR
- · Asst. Dry Cereals

CHOOSE ONE

- Chicken Biscuit OR
- Yogurt Parfait w/Fruit & Granola OR
- Asst. Dry Cereals

CHOOSE ONE Kellogg's® Mini Maple Pancakes

- OR Dannon Strawberry Yogurt
- w/Chocolate Brownie Muffir
 - Asst. Dry Cereals

CHOOSE ONE

- Southern WGR Grits Sliced Turkey Ham OR
- Asst. Dry Cereals
- Granola Bar Yogurt Parfait

CHOOSE ONE

Cinnamon Round

OR Asst. Dry Cereals

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.

- Seasoned Green
- Beans

700

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XEEM

- Seasonal Fresh Fruits
- Milk

Oven Roasted Chicken Breaded Okra

- Pinto Beans WGR Breadstick
 - Mashed Baby Red Potatoes
 - Pineapple Tidbits Seasonal Fresh Fruits

Spicy Beef & Cheese

Nachos w/ Salsa &

Chopped Lettuce &

Tomatoes

Tostitos Scoops

Sliced Peaches

Milk

TUESDAY

Ham Mac & Cheese

Casserole

Baby Carrots

• WGR Muffin

Applesauce

Seasonal Fresh Fruits

Milk

Seasonal Fresh Fruits

Milk

THURSDAY Mac & Beef

- Carrot Coins
- Rings

Milk

THURSDA

- Rounds
- Dip
- Milk

Spaghetti & Meat Sauce Whole Kernel Corn

- Seasoned Green Beans Mini Cinnamon Rolls
 - Seasonal Fresh Fruit

Chicken Nuggets

Baby Lima Beans

Potato Tots

Chocolate Brownie

Cookie

Seasonal Fresh Fruits

Cinnamon Apples

Milk

THURSDAY

Meat Loaf

Seasoned Collard

Greens

100% Fruit Juice

Milk FRIDAY

FRIDAY

• Teriyaki Chicken

· Broccoli Florets w/

Ranch Dip

Vegetable Fried Rice

Diced Pears

Seasonal Fresh Fruits

Milk

RIDAY

Chicken Tenders

• Brown Rice

Salad Greens w/

Romaine

WGR Roll

Pineapple Tidbits

• Seasonal Fresh Fruits

- BBQ Pork Baked Beans
- Creamy Coleslaw • WGR Roll Seasonal Fresh
- Blackeyed Peas WGR Cornbread Muffin Fruits Cinnamon Apple Slices Strawberry Cup Milk

CHOICE



Meal Plan



SEPTEMBER 14

NOVEMBER 14

MTWTF

JANUARY 15

SMTWTF

MTWTFS

WONDAY

Mini Cheese Ravioli

- Sliced Peaches

TUESDAY

MONDAY Salisbury Steak

- Salad Greens w/Romaine Baked Chopped Sweet **Potatoes**
- BlueRaspberry-Lemon Juice Smoothie
- าลเ Fresh Fruits Milk

MONDAY

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

Milk MONDA

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

• Milk

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

Smoothie

- Oven Baked Onion
- Kiwi Strawberry Juice
- Seasonal Fresh Fruits

WEDNESDAY

- Chicken Filet Sliders w/Lettuce & Tomato Oven Baked Potato
- Carrot Sticks w/Ranch
- Strawberry Cup
- Oven Baked Fries Garden Salad w/ Romaine

BBQ Chicken

WK Corn

Milk

Cheeseburger Sliders

WEDNESDAY

Seasonal Fresh Fruits • 100% Fruit Juice Milk

- Seasonal Fresh Fruits Milk
- Baked Beans Sticks WGR Roll Strawberry Cup Seasonal Fresh Fruit

Cheese Stuffed Bread

 Marinara Sauce Salad Greens w/Grape **Tomatoes**

Diced Pears

Seasonal Fresh Fruits

Milk

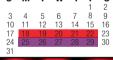
MANAGER'S

SCHOOL MRAL CALENDAR Week Two

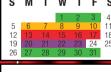
Week Three

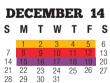


AUGUST 14 M T W T F

















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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).

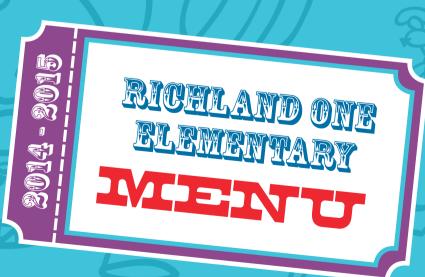


CASH

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