

March 2019

High/Holten Richmond School Lunch Menu

March 4, 2019

March 11, 2019

March 18, 2019

March 25, 2019

<p>MONDAY Teriyaki Chicken w/ Brown Rice Roasted Red Potato Carrot & Cucumber Sticks Assorted Fresh Fruit Assorted Canned Fruit</p>	<p>MONDAY Open Faced Thanksgiving Sandwich Sauteed Greens Carrot & Cucumber Sticks Assorted Fresh Fruit Assorted Canned Fruit</p>	<p>MONDAY Chicken Parm w/ Wheat Pasta Caesar Salad Peas Carrot & Cucumber Sticks Assorted Fresh Fruit Assorted Canned Fruit</p>	<p>MONDAY Chili Con Carne Corn Bread & Beans Carrot & Red Pepper Sticks Hummus Assorted Fresh Fruit Assorted Canned Fruit</p>
<p>Pasta with Meatballs Steamed Broccoli Kale & Romaine Salad Carrot & Cucumber Sticks Assorted Fresh Fruit Assorted Canned Fruit</p>	 <p>TUESDAY Hamburger or Cheeseburger Lettuce & Tomato Roasted Carrot Fries Carrot & Cucumber Sticks Assorted Fresh Fruit Assorted Canned Fruit</p>	<p>TUESDAY Beef or Chicken Burrito Three Bean Salad Cinnamon Roasted Sweet Potatoes Carrot & Cucumber Sticks Assorted Fresh Fruit Assorted Canned Fruit</p>	<p>TUESDAY Chicken Caesar Wrap Roasted Cauliflower Lemon Zest Broccoli Carrot & Cucumber Sticks Assorted Fresh Fruit Assorted Canned Fruit</p>
<p>WEDNESDAY BBQ Chicken Fiesta Corn & Black Bean Salad Carrot & Cucumber Sticks Assorted Fresh Fruit Assorted Canned Fruit</p>	<p>WEDNESDAY Caprese Sandwich Chipotle Corn Broccoli Slaw Assorted Fresh Fruit Assorted Canned Fruit</p>	<p>WEDNESDAY Southwest Buffalo Chicken Wrap Veggie Cruncher Sweet Potato Fries Assorted Fresh Fruit Assorted Canned Fruit</p>	<p>WEDNESDAY Meatball Marinara Sub Roasted Potato Puffs Tasty Green Bean Toss Carrot & Cucumber Sticks Assorted Fresh & Canned Fruit</p>
<p>THURSDAY Chicken Stir Fry w/ Noodles Sugar Snap Peas Hummus Carrot & Red Pepper Strips Carrot & Cucumber Sticks Assorted Fresh & Canned Fruit</p>	<p>THURSDAY Chicken Fajita w/ Brown Rice Onions & Peppers Shredded Romaine & Salsa Black Bean & Corn Salad Carrot & Cucumber Sticks Assorted Fresh & Canned Fruit</p>	<p>THURSDAY Garlic Chicken & Wheat Pasta Assorted Veggie Sticks w/Hummus Tossed Salad Pudding Assorted Fresh Fruit Assorted Canned Fruit</p>	<p>THURSDAY Pulled Pork w/Black Beans & Salsa Brown Rice Spinach Salad Assorted Fresh Fruit Assorted Canned Fruit</p>
<p>FRIDAY Baked Fish with Lemon Brown Rice Pilaf Dinner Roll Cole Slaw Assorted Fresh Fruit Assorted Canned Fruit</p>	<p>FRIDAY Steak & Cheese Sub Spinach Salad Carrot & Cucumber Sticks Ranch Dressing Pudding Assorted Fresh & Canned Fruit</p>	<p>FRIDAY Baked Lasagna Garden Salad Carrot & Cucumber Sticks Ranch Dressing Pudding Assorted Fresh & Canned Fruit</p>	<p>FRIDAY Southwest Buffalo Chicken Wrap Veggie Cruncher Sweet Potato Fries Assorted Fresh Fruit Assorted Canned Fruit</p>

Lunch prices \$3.00 and Milk \$0.75

Sandwich Menu Includes: Fruit, Vegetable & Milk

Alternate Lunch Daily: Salad Bar- Hamburger-Hotdogs-Pizza-Calzones-Chicken Patty-Deli Sandwiches

Milk, Fresh Fruit & Vegetable served daily

Menu Subject to Change

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.”