


April 2019

High/Holten Richmond Lunch Menu

April 1, 2019	April 8, 2019	April 22, 2019	April 29, 2019
MONDAY Teriyaki Chicken w/ Brown Rice Roasted Red Potato Carrot & Cucumber Sticks Assorted Fresh Fruit Assorted Canned Fruit	MONDAY Open Faced Thanksgiving Sandwich Sauteed Greens Carrot & Cucumber Sticks Assorted Fresh Fruit Assorted Canned Fruit	MONDAY Chicken Parm w/ Wheat Pasta Caesar Salad Peas Carrot & Cucumber Sticks Assorted Fresh Fruit Assorted Canned Fruit	MONDAY Chili Con Carne Corn Bread & Beans Carrot & Red Pepper Sticks Hummus Assorted Fresh Fruit Assorted Canned Fruit
Pasta with Meatballs Steamed Broccoli Kale & Romaine Salad Carrot & Cucumber Sticks Assorted Fresh Fruit Assorted Canned Fruit		TUESDAY Hamburger or Cheeseburger Lettuce & Tomato Roasted Carrot Fries Carrot & Cucumber Sticks Assorted Fresh Fruit Assorted Canned Fruit	TUESDAY Beef or Chicken Burrito Three Bean Salad Cinnamon Roasted Sweet Potatoes Carrot & Cucumber Sticks Assorted Fresh Fruit Assorted Canned Fruit
WEDNESDAY BBQ Chicken Fiesta Corn & Black Bean Salad Carrot & Cucumber Sticks Assorted Fresh Fruit Assorted Canned Fruit	WEDNESDAY Caprese Sandwich Chipotle Corn Broccoli Slaw Assorted Fresh Fruit Assorted Canned Fruit	WEDNESDAY Southwest Buffalo Chicken Wrap Veggie Cruncher Sweet Potato Fries Assorted Fresh Fruit Assorted Canned Fruit	WEDNESDAY Meatball Marinara Sub Roasted Potato Puffs Tasty Green Bean Toss Carrot & Cucumber Sticks Assorted Fresh & Canned Fruit
THURSDAY Chicken Stir Fry w/ Noodles Sugar Snap Peas Hummus Carrot & Red Pepper Strips Carrot & Cucumber Sticks Assorted Fresh & Canned Fruit	THURSDAY Chicken Fajita w/ Brown Rice Onions & Peppers Shredded Romaine & Salsa Black Bean & Corn Salad Carrot & Cucumber Sticks Assorted Fresh & Canned Fruit	THURSDAY Garlic Chicken & Wheat Pasta Assorted Veggie Sticks w/Hummus Tossed Salad Pudding Assorted Fresh Fruit Assorted Canned Fruit	THURSDAY Pulled Pork w/Black Beans & Salsa Brown Rice Spinach Salad Assorted Fresh Fruit Assorted Canned Fruit
FRIDAY Baked Fish with Lemon Brown Rice Pilaf Dinner Roll Cole Slaw Assorted Fresh Fruit Assorted Canned Fruit	FRIDAY Steak & Cheese Sub Spinach Salad Carrot & Cucumber Sticks Ranch Dressing Pudding Assorted Fresh & Canned Fruit	FRIDAY Baked Lasagna Garden Salad Carrot & Cucumber Sticks Ranch Dressing Pudding Assorted Fresh & Canned Fruit	FRIDAY Southwest Buffalo Chicken Wrap Veggie Cruncher Sweet Potato Fries Assorted Fresh Fruit Assorted Canned Fruit

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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- (1) mail: U.S. Department of Agriculture
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."