

**September 2019**

**High/Holten Richmond School Lunch Menu**

**September 2, 2019**

**September 9, 2019**

**September 16, 2019**

**September 23, 2019**

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

“In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (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](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.”