

Menus

School: Richards R-V School District

(See USDA Non-discrimination Statement on back)

Academic Year: 2019-20

Meal: All

Month: August 2019

| August | | | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| M | Tu | W | Th | F |
| 29 | 30 | 31 | 1 | 2 |
| 5 | 6 | 7 | 8 | 9 |
| 12 | 13 | 14 | 15 Breakfast: (PK-8): Poptart or cereal bar; cereal; fruit; juice; milk. (Grab N Go for 5th-8th): Choice of multiple items daily. Lunch: Pizza (cheese); tossed salad; mixed vegetables; fruit; milk. | 16 Breakfast: (PK-8): Whole grain biscuit; gravy; fruit; juice; milk. (Grab N Go for 5th-8th): Choice of multiple items daily. Lunch: Hamburger or hotdog; chips; pork & beans; fruit; milk. |
| 19 Breakfast: (PK-8): French toast; little smokies; fruit; juice; milk. (Grab N Go for 5th-8th): Choice of multiple items daily. Lunch: Burrito w/ cheese or walking tacos; salsa; corn; fruit; milk. | 20 Breakfast: (PK-8): Blueberry muffin; cereal; fruit; juice; milk. (Grab N Go for 5th-8th): Choice of multiple items daily. Lunch: Baked turkey or baked ham; stuffing; gravy; fruit; milk. | 21 Breakfast: (PK-8): Breakfast pizza; fruit; juice; milk. (Grab N Go for 5th-8th): Choice of multiple items daily. Lunch: Meatloaf or salisbury steak; mashed potatoes; gravy; green beans; roll; fruit; milk. | 22 Breakfast: (PK-8): Whole grain biscuit; gravy; fruit; juice; milk. (Grab N Go for 5th-8th): Choice of multiple items daily. Lunch: Pizza (pepperoni); corn; cucumber; fruit; milk. | 23 Breakfast: (PK-8): Eggs; toast; fruit; juice; milk. (Grab N Go for 5th-8th): Choice of multiple items daily. Lunch: Cheeseburger w/bun or fish; french fries; carrots; fruit; milk. |
| 26 Breakfast: (PK-8): Mini donuts; little smokies; fruit; juice; milk. (Grab N Go for 5th-8th): Choice of multiple items daily. Lunch: Corn dog or popcorn chicken; macaroni & cheese; green beans; fruit; milk. | 27 Breakfast: (PK-8): Blueberry muffin; cereal; fruit; juice; milk. (Grab N Go for 5th-8th): Choice of multiple items daily. Lunch: Beef tacos or chicken tacos; lettuce; cheese; corn; fruit; milk. | 28 Breakfast: (PK-8): Breakfast pizza; fruit; juice; milk. (Grab N Go for 5th-8th): Choice of multiple items daily. Lunch: Fish or chicken nuggets; broccoli; fruit; milk. | 29 Breakfast: (PK-8): Whole grain biscuit; gravy; fruit; juice; milk. (Grab N Go for 5th-8th): Choice of multiple items daily. Lunch: Pizza (sausage); pasta salad; cauliflower; fruit; milk. | 30 Breakfast: (PK-8): Cereal bar; fruit; juice; milk. (Grab N Go for 5th-8th): Choice of multiple items daily. Lunch: Sloppy Joe w/bun or grilled cheese sandwich; baked beans; carrots; fruit; milk. |

USDA Non-discrimination Statement:

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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, 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.**

This institution is an equal opportunity provider.