

Menus

School: Richards R-V School District

Academic Year: 2021-22

Meal: All

Month: September 2021

September				
M	Tu	W	Th	F
30 Breakfast: Pancakes, Syrup, Little Smokies, Fruit, Juice, Milk Lunch: Sloppy Joe on Bun, or Chicken Patty Sdwch, Lettuce & Tomato, Tater Tots, Carrots, Fruit, Milk	31 Breakfast: Blueberry Muffin, Cereal, Juice, Fruit, Milk Lunch: Turkey Sandwich or Grilled Cheese Sandwich, Chili Corn, Fruit, Milk	1 Breakfast: Breakfast Pizza, Juice, Fruit, Milk Lunch: Ch. Nuggets or Breaded Beef Patty, Msh Potatoes, Brn Gravy, G. Beans, Fruit, Bread Slice, Milk	2 Breakfast: Wh. Grain Biscuit, Gravy, Juice, Fruit, Milk Lunch: Pepperoni Pizza, Tossed Salad, Ranch Dressing, Cucumber, Fruit, Cookie, Milk	3 Breakfast: Omelet Colby Cheese Skillet, Wh. Wheat Toast, Juice, Fruit, Milk Lunch: Chicken Taco or Beef Taco, Lettuce, Salsa, Refried Beans, Fruit, Milk
6	7 Breakfast: Blueberry Muffin, Cereal, Juice, Milk Lunch: Taco Salad or Beef Fajita, Salsa, Corn, Fruit, Milk	8 Breakfast: Breakfast Pizza, Juice, Fruit, Milk Lunch: Breaded Beef Patty or Salisbury Steak, Mshd. Potatoes, G. Beans, Fruit, Bread Slice, Milk	9 Breakfast: Wh. Grain Biscuit, Gravy, Juice, Fruit, Milk Lunch: Pizza, Pasta Salad, Carrots, Fruit, Milk	10 Breakfast: Omelet Colby Cheese Skillet, Wh. Wheat Toast, Juice, Fruit, Milk Lunch: Ch. Patty Sandwich or BBQ Rib Sandwich, Tater Tots, Celery Sticks, Fruit, Milk
13 Breakfast: Cake Donut, Little Smokies, Fruit, Juice, Milk Lunch: Frito Pie, or Crispito, Corn, Baby Carrots, Fruit, Milk	14 Breakfast: Blueberry Muffin, Cereal, Juice, Fruit, Milk Lunch: BBQ Ch. Sandwich or Hot Dog w/Bun, Fr Fries, Broccoli, Fruit, Milk	15 Breakfast: Breakfast Pizza, Juice, Fruit, Milk Lunch: Ch. Patty or Meatloaf, Mshd Potatoes, G. Beans, Fruit Mix, Bread Slice, Milk	16 Breakfast: Wh. Grain Biscuit, Gravy, Juice, Fruit, Milk Lunch: Pizza, Tossed Salad, Ranch Dressing, Cucumber, Fruit, Cookie, Milk	17 Breakfast: Omelet Colby Cheese Skillet, Wh. Wheat Toast, Juice, Fruit, Milk Lunch: Corn Dog or Turkey & Cheese Sandwich, Multi Grain Sunchips, Cauliflower, Fruit, Milk
20	21 Breakfast: Blueberry Muffin, Cereal, Juice, Milk Lunch: Nachos w/ Ground Beef or Ch. Strips, Corn, Carrots, Fruit, Milk	22 Breakfast: Breakfast Pizza, Juice, Fruit, Milk Lunch: Breaded Beef Patty or Ch. Nuggets, Mshd. Potatoes, G. Beans, Fruit, Bread Slice, Milk	23 Breakfast: Wh. Grain Biscuit, Gravy, Juice, Fruit, Milk Lunch: Beef Pizza, Pasta Salad, Vegetable Sticks, Ranch Dressing, Fruit, Milk	24 Breakfast: Breakfast Burrito, Juice, Fruit, Milk Lunch: Hamburger w/ Wh. Wheat Bun or Fish Sandwich, Baked Beans, Mxd. Vege. Pears, Milk
27 Lunch: Chili w/ goldfish crackers or Breaded Mozzarella Sticks, Carrots, Cookie, Fruit, Milk	28 Breakfast: Blueberry Muffin, Cereal, Juice, Milk Lunch: Chicken Taco or Cheese Quesadilla, Salsa, Pinto Beans w/Cheese, Fruit, Milk	29 Breakfast: Breakfast Pizza, Juice, Fruit, Milk Lunch: Chicken & Rice or Sweet and Sour Chicken, Mixed Vegetables, Fruit, Cookie, Milk	30 Breakfast: Wh. Grain Biscuit, Gravy, Juice, Fruit, Milk Lunch: Cheese Pizza, G. Beans, Potato Wedge, Cherry Tomatos, Ranch Dressing, Fruit, Milk	1