

November 2017

RICHLAND R-IV SCHOOLS



School Information: Type your school information here.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Salisbury Steak w/gravy
Whipped Potatoes
Green Beans
Breadstick **6**

Hamburger
Lettuce & Tomato
Baked Beans **13**

Turkey Dinner **20**

Meatball sub
Garden Salad **27**

Tuesday

Crazy Walking Taco
Salsa
Golden Corn **7**

Pork Fried Rice
Egg roll **14**

PB & J sandwich
Chips
Carrots w/ranch
Fruit **21**

Chicken Nuggets
Mac & Cheese
Steamed Green Beans **28**

Wednesday

Chicken Fajita Wrap
Salsa
Refried Beans **1**

Elem.-Ham & Cheese Stron
Marinara Sauce
Steamed Broccoli
JH/HS- Baked Potato w/ham
& cheese
Soft Pretzel **8**

BBQ Chicken Max Snax
Steamed Broccoli **15**

NO SCHOOL **22**

Spaghetti & Meat Sauce
Garlic Bread
Golden Corn **29**

Thursday

Chicken Sandwich
Steamed Broccoli **2**

Jumbo Cheese Ravioli
w/marinara
Snickerdoodle
Celery Sticks **9**

Tomato Soup
Toasted Cheese Sand.
Carrots/Celery
Ranch dressing **16**



Mini Hot Dogs
Carrot & Celery Sticks **30**

Friday

Little Nacho Bites
Garden Salad **3**

NO SCHOOL **10**

Pepperoni Calzomettes
Marinara Sauce
Steamed Carrots **17**

