




# SEPTEMBER 2011

## Welcome Back to School



### RICHFIELD & PLAT ELEMENTARY LUNCH MENU

Menu subject to change. Lunch Price is \$2.35. All meals come with choice of low-fat or skim milk. Ala carte milk is 35¢. Grades 3 thru 8 meals come with Tossed Salad.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>This year's menus meet the HealthierUS School Challenge initiative encouraged by USDA and First Lady Michelle Obama.</p> <p>Menus feature more dark green &amp; orange vegetables, variety of fruits, dried beans &amp; legumes, and whole grain breads, buns, and pasta.</p>				
<p>5-Sep</p> <p><b>No School Today</b></p>	<p>6-Sep</p> <p>Cheese Pizza Caesar Salad Oranges Wedges Sherbet Cup</p>	<p>7-Sep</p> <p>Hamburger Creamy Pasta Salad Fresh Veggies &amp; Bean Dip Peach Slices</p>	<p>1-Sep</p> <p>Chicken Strips Peas Peach Slices Ice Cream Cup</p>	<p>2-Sep</p> <p>Turkey Mini Corn Dogs Baked Beans Glazed Carrots Pineapple Tidbits</p>
<p>12-Sep</p> <p>Chicken Nuggets Sweet Potato Bake Fruit Cocktail Sliced Whole Wheat Bread</p>	<p>13-Sep</p> <p>Teriyaki Chicken Bites Steamed Rice Mandarin Spinach Salad Pineapple Tidbits <b>National Rice Month</b> </p>	<p>14-Sep</p> <p>Beef Ravioli Tuscan Blend Vegetables Pear Slices Garlic Breadstick</p>	<p>8-Sep</p> <p>Chili Cheese Dog Sweet Potato Wedges Applesauce Frito Corn Chips</p>	<p>9-Sep</p> <p>Chicken Giggles Steamed Broccoli Pear Slices Chocolate Pudding</p>
<p>19-Sep</p> <p>Italian Chicken Sandwich Parmesan Noodles Mixed Vegetables Pear Slices <b>National Clean Hands Week</b> </p>	<p>20-Sep</p> <p>Cheeseburger Mac Peas Fresh Apple Slices Soft Breadstick</p>	<p>21-Sep</p> <p>Stuffed Baked Potato with Diced Ham &amp; Cheese Red Beans &amp; Rice Steamed Broccoli Fruit Cocktail</p>	<p>15-Sep</p> <p>Super Nachos Refried Beans Corn Cinnamon Applesauce</p>	<p>16-Sep</p> <p>BBQ Rib Sandwich Cheesy Noodles Green Beans Fresh Watermelon</p>
<p>26-Sep</p> <p>Breaded Chicken Sandwich Glazed Carrots Peach Slices Cottage Cheese</p>	<p>27-Sep</p> <p>Spaghetti with Meatsauce Broccoli &amp; Cauliflower Blend Pear Slices Sliced Italian Bread</p>	<p>28-Sep</p> <p><b>Early Release Day</b> <b>No Lunch Today</b></p>	<p>22-Sep</p> <p>Tator Tot Hot Dish Corn Peach Slices Dinner Roll</p>	<p>23-Sep</p> <p>Cheese Dunkers &amp; Sauce Fresh Veggies Fruit Medley Cookie</p>
			<p>29-Sep</p> <p>Cheese Quesadilla Corn &amp; Black Bean Salad Warm Cinnamon Apple Slices Tortilla Chips &amp; Salsa</p>	<p>30-Sep</p> <p>Deli Club Sandwich Sweet Potato Wedges Green Beans Fresh Kiwi</p>

This institution is an equal opportunity provider.