NEW RICHMOND K-5 LUNCH MENU January - May 2024

NREVSD FS cannot guarantee potential allergens for food sensitive individuals.

Free & Reduced applications may be filled out anytime during the school year.

This institution is an equal opportunity provider.

Menu subject to change

MEAL PRICING:

Lunch Full Price \$3.00
Reduced Lunch Price \$0.40
Milk Only \$0.60

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Meals Include:
1/4 1/29 2/26 4/1 4/29	Chicken Patty/Bun or Hotdog/Bun Macaroni & Cheese Baked Beans Applesauce	Cheese or Pepperoni Pizza French Fries Steamed Broccoli Fruit Cup	French Toast Sticks or Pancakes Sausage Tri Tater Veggie Sip Fruit Cup	Salisbury Steak or Chicken Nuggets Mashed Potatoes Green Beans Gravy Roll Fruit Cup	Cheese or Pepperoni Pizza Curly Fries Steamed Peas Sidekicks Applesauce	Two sides, one side must be a fruit or vegetable Choice of milk Fruits & Vegetables Other Daily Lunch Choices: Large Salad w/dressing PB&J w/cheese stick Deli Sub
1/8 2/5 3/4 4/8 5/6	Grilled Cheese Pickles or Mini Corn Dogs Tomato Soup Crackers Baked Beans Applesauce	Cheese or Pepperoni Pizza French Fries Steamed Broccoli Fruit Cup	Walking Taco or Breaded Mozzarella Sticks Lettuce, Cheese, Salsa, Sour Cream Scoops Steamed Corn Fruit Cup	Salisbury Steak or Chicken Nuggets Mashed Potatoes Green Beans Gravy Roll Fruit Cup	Cheese or Pepperoni Pizza Curly Fries Steamed Peas Sidekicks Applesauce	SNACKS: We offer a variety of a la carte snack items in our cafeteria that are Smart Snack approved Cook's Choice 5/20 -5/23/2023
1/16 2/12 3/11 4/15 5/13	Chicken Nuggets or Mini Corn Dogs Macaroni & Cheese Baked Beans Applesauce	Cheese or Pepperoni Pizza French Fries Steamed Broccoli Fruit Cup	French Toast Sticks or Pancakes Sausage Tri Tater Veggie Sip Fruit Cup	Salisbury Steak or Chicken Nuggets Mashed Potatoes Green Beans Gravy Roll Fruit Cup	Cheese or Pepperoni Pizza Curly Fries Steamed Peas Sidekicks Applesauce	
1/22 2/20 3/18 4/22 5/20	Hotdog/Bun or Chili Dog/Bun Baked Chips Baked Beans Steamed Carrots Applesauce	Cheese or Pepperoni Pizza French Fries Steamed Broccoli Fruit Cup	Walking Taco or Breaded Mozzarella Sticks Lettuce, Cheese, Salsa, Sour Cream Scoops Steamed Corn Fruit Cup	Salisbury Steak or Chicken Nuggets Mashed Potatoes Green Beans Gravy Roll Fruit Cup	Cheese or Pepperoni Pizza Curly Fries Steamed Peas Sidekicks Applesauce	LIONS TODAY LEADERS TOMORROW
NUITRITION RITES:						

NUTRITION BITES:

- •Make fruit more appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit.
- •Many children in the US fall short of meeting calcium, iron, vitamins D, potassium, fiber and whole grain recommendations. 1
- •The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.²

