

# NEW RICHMOND K-5 LUNCH MENU

NREEVSD 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



## LUNCH MENU AUGUST – DECEMBER 2023

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/17 9/11 10/9 11/6 12/11	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
8/21 9/19 10/16 11/13 12/18	Hamburger/Bun Pickles or Mini Corndogs 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
8/28 9/25 10/23 11/27	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
9/5 10/2 10/30 12/4	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

**Meals Include:**  
 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

**SNACKS:**  
 We offer a variety of a la carte snack items in our cafeteria that are Smart Snack approved

**LIONS TODAY LEADERS TOMORROW**



## 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.
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.