

MARCH LUNCH



RICHMOND PUBLIC SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday
March 1, 2021	March 2, 2021	March 3, 2021	March 4, 2021	March 5, 2021
NEW ITEM CHILI MAC ^ Corn Diced Peaches Blended Fruit Juice Fritos ^ Choice of Milk	CHICKEN SALAD ON A WHEAT BUN Vegetable Soup French Fries Diced Pears Orange Juice Ketchup Choice of Milk	CRUNCHY CHICKEN TENDERS ^ Baked Beans Diced Carrots Fresh Orange Grape Juice BBQ Sauce Chocolate Chip Minis ^ Choice of Milk	HERO SANDWICH ^ Fresh Broccoli Ranch Dressing Sun Splash Veggie Juice Craisins Mixed Fruit Mustard Choice of Milk	PIZZA DIPPERS ^ Marinara Dipping Sauce Green Beans Pineapple Tidbits Apple-Cranberry Juice Choice of Milk
March 8, 2021	March 9, 2021	March 10, 2021	March 11, 2021	March 12, 2021
CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ Breadstick ^ Mixed Vegetables Diced Pears Grape Juice Choice of Milk	TURKEY HAM & CHEESE SANDWICH ^ Tropical Veggie Juice Chickpeas Mixed Fruit Craisins Mustard Choice of Milk	TURKEY TACOS Wild White Nacho Doritos^ Fiesta Beans Corn Pineapple Tidbits Orange Juice Taco Sauce Vanilla Cookie ^ Choice of Milk	BUFFALO CHICKEN AND CHEESE WRAP ^ Tossed Garden Salad Baby Carrots Italian Dressing Craisins Mandarin Oranges Chipotle Ranch Choice of Milk	*BREAKFAST FOR LUNCH* EGG & CHEESE BAGEL^ Tomato Soup^ Potato Wedges Diced Peaches Blended Fruit Juice Ketchup Choice of Milk
March 15, 2021	March 16, 2021	March 17, 2021	March 18, 2021	March 19, 2021
CHARBROILED HAMBURGER Hamburger Bun ^ Baked Beans Diced Carrots Mixed Fruit Apple-Cranberry Juice Mustard Ketchup Choice of Milk	HERO SANDWICH ^ Italian Corn Salad Baby Carrots Ranch Dressing Diced Peaches Blended Fruit Juice Light Mayonnaise Pretzels ^ Choice of Milk	*GLOBAL BITES* BEIJING CHICKEN W/BROWN RICE ^ Broccoli Mixed Vegetables Applesauce Orange Juice Snickerdoodle Cookie ^ Choice of Milk	CHICKEN SALAD ON A WHEAT BUN Vegetable Soup Potato Rounds Ketchup Diced Pears Cherry Craisins Choice of Milk	PIZZA DIPPERS ^ Marinara Dipping Sauce Green Beans Pineapple Tidbits Grape Juice Choice of Milk
March 22, 2021	March 23, 2021	March 24, 2021	March 25, 2021	March 26, 2021
TACO TATER TOT-CHOS Tortilla Chips ^ Mixed Vegetables Diced Peaches Orange Juice Chocolate Chip Minis ^ Choice of Milk	4-CHEESE PANINI ^ Tomato Soup^ Sun Splash Veggie Juice Diced Pears Cherry Craisins Choice of Milk	CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Green Beans Corn Mixed Fruit Grape Juice BBQ Sauce Choice of Milk	TURKEY & CHEESE SUB Italian Bean & Corn Salad Baby Carrots Ranch Dressing Pineapple Cup Light Mayonnaise Choice of Milk	CHEESY PENNE BAKE ^ Breadstick ^ Broccoli Applesauce Blended Fruit Juice Choice of Milk
March 29, 2021	March 30, 2021	March 31, 2021	April 1, 2021	April 2, 2021
MINI CORN DOGS ^ Baked Beans Diced Carrots Diced Pears Apple-Cranberry Juice Mustard Ketchup Choice of Milk	TURKEY HAM & CHEESE SANDWICH ^ Tropical Veggie Juice Chickpeas Mixed Fruit Craisins Mustard Choice of Milk	*NEW ITEM* CHICKEN DUMPLINGS ^ Broccoli Corn Applesauce Orange Juice Chocolate Cookie ^ Choice of Milk		

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

Find your school's menus online at: preferredmealsmenu.com



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Nutritional Information: RICHMOND PUBLIC SCHOOLS

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
03-01-2021	*NEW ITEM*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	CHILI MAC ^	382	15	8	0	38	860	43	5	8	24	66	4	393	3	MMA:2oz G/B:1sv WG V:1/8c RO V:1/4c O
	Corn	112	1	0	0	0	0	26	2	4	4	0	0	5	0	V:3/4c S BW-PLANT
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Fritos ^	120	8	1	0	0	125	12	0	0	1	0	0	20	0	G/B:1sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-02-2021	CHICKEN SALAD ON A WHEAT BUN	336	17	2	0	35	287	31	2	3	18	19	1	90	3	MMA:2oz G/B:2sv WG
	Vegetable Soup	63	1	0	0	0	571	13	2	2	2	524	2	20	1	V:1/2c A
	French Fries	103	4	1	0	0	30	16	0	0	2	0	6	0	0	V:1/2c S BW-PLANT
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	0	F:1/2c BW-PLANT
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-03-2021	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	0	2	MMA:2oz G/B:1sv WG
	Baked Beans	192	1	0	0	0	285	37	7	8	10	1	0	76	3	V:1/2c L BW-LPP BW-HF
	Diced Carrots	38	0	0	0	0	64	9	3	4	1	770	5	30	0	V:1/2c RO BW-PLANT
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c BW-PLANT
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Chocolate Chip Minis ^	130	6	0	0	0	85	19	2	8	2	0	0	0	0	G/B:1sv WG
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		

03-04-2021	HERO SANDWICH ^ Fresh Broccoli Ranch Dressing Sun Splash Veggie Juice Craisins Mixed Fruit Mustard	544	14	4	0	54	920	88	7	51	18	37	33	179	3	MMA:2oz G/B:2sv WG F:1c V:1/2c DG V:1/2c RO
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-05-2021	PIZZA DIPPERS ^	280	12	5	0	20	560	28	2	4	18	2000	0	360	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO BW-PLANT
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O BW-PLANT
	Pineapple Tidbits	50	0	0	0	0	7	11	1	9	2	13	6	10	0	F:1/2c BW-PLANT
	Apple-Cranberry Juice	60	0	0	0	0	15	13	0	12	0	0	0	0	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-08-2021	CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^	316	17	3	0	46	805	22	1	0	20	68	0	9	0	MMA:2oz G/B:1sv WG V:1/2c RO
	Breadstick ^	100	1	0	0	0	140	20	2	1	4	0	9	20	1	G/B:1sv WG
	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c S V:1/4c RO BW-PLANT
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-09-2021	TURKEY HAM & CHEESE SANDWICH ^ Tropical Veggie Juice Chickpeas Mixed Fruit Craisins Mustard	630	14	5	0	45	994	104	8	62	24	755	64	233	4	MMA:2oz G/B:2sv WG F:1c V:3/4c O V:1/4c L
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-10-2021	TURKEY TACOS	106	4	0	0	38	204	3	0	3	14	0	0	60	2	MMA:2oz BW-LPP BW-LS
	Wild White Nacho Doritos^	130	5	1	0	0	170	20	2	0	2	0	0	40	0	G/B:1.5sv WG
	Fiesta Beans	179	0	0	0	0	525	33	8	2	11	85	1	65	3	V:1/2c L V:1/8c RO BW-HF
	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S BW-PLANT
	Pineapple Tidbits	50	0	0	0	0	7	11	1	9	2	13	6	10	0	F:1/2c BW-PLANT
	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	0	F:1/2c BW-PLANT
	Taco Sauce	5	0	0	0	0	55	1	0	0	0	100	0	0	0	
	Vanilla Cookie ^	130	5	1	0	0	45	20	1	6	2	0	0	0	0	G/B:1sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

03-11-2021	BUFFALO CHICKEN AND CHEESE WRAP ^ Tossed Garden Salad Baby Carrots Italian Dressing Craisins Mandarin Oranges Chipotle Ranch	437	8	2	0	38	790	75	7	48	20	2880	14	160	3	MMA:2oz G/B:1.5sv WG F:1c V:1/2c DG V:1/2c O
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-12-2021	*BREAKFAST FOR LUNCH*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	EGG & CHEESE BAGEL ^	310	10	4	0	140	580	38	3	3	18	0	15	209	3	MMA:2.25oz G/B:2sv WG
	Tomato Soup ^	226	12	2	0	1	633	25	1	5	4	0	0	56	1	G/B:0.5sv WG V:1/2c RO
	Potato Wedges	100	3	0	0	0	33	17	2	0	2	0	4	0	1	V:1/2c S BW-PLANT
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-15-2021	CHARBROILED HAMBURGER	140	10	4	0	40	150	2	1	0	12	0	0	40	1	MMA:2oz
	Hamburger Bun ^	130	1	0	0	0	250	27	3	2	4	0	0	58	2	G/B:2sv WG
	Baked Beans	192	1	0	0	0	285	37	7	8	10	1	0	76	3	V:1/2c L BW-LPP BW-HF
	Diced Carrots	38	0	0	0	0	64	9	3	4	1	770	5	30	0	V:1/2c RO BW-PLANT
	Mixed Fruit	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c BW-PLANT
	Apple-Cranberry Juice	60	0	0	0	0	15	13	0	12	0	0	0	0	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
03-16-2021	HERO SANDWICH ^ Italian Corn Salad Baby Carrots Ranch Dressing Diced Peaches Blended Fruit Juice Light Mayonnaise Pretzels ^	727	26	5	0	65	1411	106	10	34	26	1671	54	218	3	MMA:2oz G/B:3sv WG F:1c V:1/2c S V:1/2c A
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-17-2021	*GLOBAL BITES*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	BEIJING CHICKEN W/BROWN RICE ^	274	6	2	0	37	860	43	3	16	13	87	7	9	0	MMA:2oz G/B:1sv WG V:1/8c O BW-PLANT BW-LPP BW-LS
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG BW-PLANT

	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c S V:1/4c RO BW-PLANT
	Applesauce	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c BW-PLANT
	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	0	F:1/2c BW-PLANT
	Snickerdoodle Cookie ^	120	5	1	0	0	45	19	1	6	2	0	0	0	0	G/B:1sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-18-2021	CHICKEN SALAD ON A WHEAT BUN	336	17	2	0	35	287	31	2	3	18	19	1	90	3	MMA:2oz G/B:2sv WG
	Vegetable Soup	63	1	0	0	0	571	13	2	2	2	524	2	20	1	V:1/2c A
	Potato Rounds	144	7	1	0	0	394	18	2	1	2	0	1	0	0	V:1/2c S BW-PLANT
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Cherry Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-19-2021	PIZZA DIPPERS ^	280	12	5	0	20	560	28	2	4	18	2000	0	360	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO BW-PLANT
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O BW-PLANT
	Pineapple Tidbits	50	0	0	0	0	7	11	1	9	2	13	6	10	0	F:1/2c BW-PLANT
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-22-2021	TACO TATER TOT-CHOS	343	20	7	0	42	1034	27	3	2	14	206	2	127	2	MMA:2oz V:1/4c RO V:1/2c S
	Tortilla Chips ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c S V:1/4c RO BW-PLANT
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT
	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	0	F:1/2c BW-PLANT
	Chocolate Chip Minis ^	130	6	0	0	0	85	19	2	8	2	0	0	0	0	G/B:1sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-23-2021	4-CHEESE PANINI ^	333	18	10	0	50	743	28	2	3	18	83	0	413	2	MMA:2oz G/B:2sv WG
	Tomato Soup^	226	12	2	0	1	633	25	1	5	4	0	0	56	1	G/B:0.5sv WG V:1/2c RO
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO BW-PLANT
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Cherry Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c

03-24-2021	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Hamburger Bun ^	130	1	0	0	0	250	27	3	2	4	0	0	58	2	G/B:2sv WG
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O BW-PLANT
	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S BW-PLANT
	Mixed Fruit	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c BW-PLANT
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-25-2021	TURKEY & CHEESE SUB Italian Bean & Corn Salad Baby Carrots Ranch Dressing Pineapple Cup Light Mayonnaise	615	22	5	0	56	1527	82	13	16	36	1554	56	284	9	MMA:2oz G/B:2sv WG F:1/2c V:1/2c L V:1/2c A
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-26-2021	CHEESY PENNE BAKE ^	316	9	5	0	34	603	40	2	8	19	140	0	114	1	MMA:2oz G/B:1sv WG V:1/2c RO
	Breadstick ^	100	1	0	0	0	140	20	2	1	4	0	9	20	1	G/B:1sv WG
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG BW-PLANT
	Applesauce	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c BW-PLANT
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-29-2021	MINI CORN DOGS ^	271	12	4	0	40	412	30	5	5	10	0	0	38	0	MMA:2oz G/B:2sv WG
	Baked Beans	192	1	0	0	0	285	37	7	8	10	1	0	76	3	V:1/2c L BW-LPP BW-HF
	Diced Carrots	38	0	0	0	0	64	9	3	4	1	770	5	30	0	V:1/2c RO BW-PLANT
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Apple-Cranberry Juice	60	0	0	0	0	15	13	0	12	0	0	0	0	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

03-30-
2021

TURKEY HAM & CHEESE
SANDWICH ^
Tropical Veggie Juice
Chickpeas
Mixed Fruit
Craisins
Mustard

630 14 5 0 45 994 104 8 62 24 755 64 233 4

MMA:2oz G/B:2sv WG F:1c
V:3/4c O V:1/4c L

Choice of Milk

121 1 1 0 8 139 19 0 17 8 493 0 302 0

03-31-2021

NEW ITEM

0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

CHICKEN DUMPLINGS ^

324 9 0 0 30 1111 46 2 13 18 21 1 48 3

MMA:2oz G/B:2sv WG
V:1/4c O

Broccoli

25 0 0 0 0 23 4 3 1 3 49 53 53 1

V:1/2c DG BW-PLANT

Corn

74 1 0 0 0 0 17 2 2 2 0 0 3 0

V:1/2c S BW-PLANT

Applesauce

51 0 0 0 0 2 14 1 12 0 1 1 5 0

F:1/2c BW-PLANT

Orange Juice

60 0 0 0 0 20 14 0 13 0 0 30 0 0

F:1/2c BW-PLANT

Chocolate Cookie ^

120 5 1 0 0 45 19 1 6 2 0 0 0 1

G/B:1sv WG

Choice of Milk

121 1 1 0 8 139 19 0 17 8 493 0 302 0

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
 Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other A = Additional
 BeWell Types : BW-PLANT = Plant-Based BW-GF = Good Fat BW-LPP = Lean/Plant Protein BW-LS = Less Sugar
 BW-HF = High Fiber Food BW-PRO = Probiotics