



APRIL

RICHMOND PUBLIC SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday
March 29, 2021	March 30, 2021	March 31, 2021	April 1, 2021	April 2, 2021
			HERO SANDWICH [^] Vegetable Soup Potato Rounds Diced Peaches Blended Fruit Juice Mayo Ketchup Choice of Milk	PIZZA DIPPERS [^] Marinara Dipping Sauce Mixed Vegetables Pineapple Tidbits Grape Juice Choice of Milk
April 5, 2021	April 6, 2021	April 7, 2021	April 8, 2021	April 9, 2021
SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK
April 12, 2021	April 13, 2021	April 14, 2021	April 15, 2021	April 16, 2021
Buffalo Chicken Chickpeas Wango Mango Veggie Juice Mixed Fruit Cup Tortilla Chips Choice of Milk	4-CHEESE PANINI [^] 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 Cookie [^] 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
April 19, 2021	April 20, 2021	April 21, 2021	April 22, 2021	April 23, 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* BEEF GYRO Pita Bread [^] Broccoli Mixed Vegetables Applesauce Orange Juice Ranch Dressing 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
April 26, 2021	April 27, 2021	April 28, 2021	April 29, 2021	April 30, 2021
TACO TATER TOT-CHOS Tortilla Chips [^] Mixed Vegetables Diced Peaches Orange Juice Vanilla Cookie [^] 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

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.

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04-19-2021	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	
04-20-2021	HERO SANDWICH ^ Italian Corn Salad Baby Carrots Ranch Dressing Diced Peaches Blended Fruit Juice Light Mayonnaise Pretzels ^	712	24	5	0	60	1441	104	10	34	26	1671	54	218	3	MMA:2oz G/B:3sv WG F:1c V:1/2cS V:1/4cA V:1/4cRO
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-21-2021	*GLOBAL BITES*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	BEEF GYRO	199	14	6	0	109	362	2	1	0	14	95	0	31	2	MMA:2oz
	Pita Bread ^	90	0	0	0	0	160	20	3	0	4	0	0	20	1	G/B:1.25sv WG
	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
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
	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	
04-22-2021	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	

04-23-2021																	
	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		
04-26-2021																	
	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	
	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			
04-27-2021																	
	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	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0			
04-28-2021																	
	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			
04-29-2021																	
TURKEY & CHEESE SUB Italian Bean & Corn Salad Baby Carrots Ranch Dressing Pineapple Cup Light Mayonnaise	600	21	5	0	51	1557	80	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	
04-30-2021																
	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	

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
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