

JUNE LUNCH



RICHMOND PUBLIC SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday
May 31, 2021	June 1, 2021	June 2, 2021	June 3, 2021	June 4, 2021
	TACO TATER TOT-CHOS Tortilla Chips ^ Mixed Vegetables Applesauce Orange Juice Snickerdoodle Cookie ^ Choice of Milk	CHICKEN NUGGETS ^ Green Beans Diced Carrots Diced Peaches Blended Fruit Juice BBQ Sauce Multi Grain Sun Chips ^ Choice of Milk	PIZZA DIPPERS ^ Marinara Dipping Sauce Broccoli Diced Pears Grape Juice Choice of Milk	TURKEY HAM & CHEESE SANDWICH ^ Tropical Veggie Juice Chickpeas Mixed Fruit Craisins Mustard Choice of Milk
June 7, 2021	June 8, 2021	June 9, 2021	June 10, 2021	June 11, 2021
CRUNCHY CHICKEN TENDERS ^ Diced Carrots French Fries Diced Peaches Apple-Cranberry Juice BBQ Sauce Ketchup Multi Grain Sun Chips ^ Choice of Milk	HERO SANDWICH ^ Italian Corn Salad Baby Carrots Ranch Dressing Diced Peaches Blended Fruit Juice Light Mayonnaise Pretzels ^ Choice of Milk	TURKEY TACOS Wild White Nacho Doritos^ Fiesta Beans Mixed Vegetables Applesauce Orange Juice Chocolate Cookie ^ Choice of Milk	CHICKEN SALAD ON A BUN ^ Fresh Broccoli Ranch Dressing SunSplash Veggie Juice Fresh Fruit Pear Cup Cookie Choice of Milk	PIZZA DIPPERS ^ Marinara Dipping Sauce Green Beans Fresh Orange Grape Juice Choice of Milk
June 14, 2021	June 15, 2021	June 16, 2021	June 17, 2021	June 18, 2021
MAC & CHEESE ^ Cornbread ^ Broccoli Diced Carrots Diced Pears Grape Juice Choice of Milk	TURKEY HAM & CHEESE SANDWICH ^ Tropical Veggie Juice Chickpeas Mixed Fruit Craisins Mustard Choice of Milk	BEEF RIB-B-QUE Hamburger Bun ^ Green Beans Mixed Vegetables Mixed Fruit Apple-Cranberry Juice Choice of Milk	HERO SANDWICH ^ Fresh Broccoli Ranch Dressing SunSplash Veggie Juice Craisins Mixed Fruit Mustard Choice of Milk	MINI CORN DOGS ^ Potato Rounds Baked Beans Applesauce Orange Juice Mustard Ketchup Choice of Milk
June 21, 2021	June 22, 2021	June 23, 2021	June 24, 2021	June 25, 2021
June 28, 2021	June 29, 2021	June 30, 2021	July 1, 2021	July 2, 2021

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
06-01-2021	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
	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	
06-02-2021	CHICKEN NUGGETS ^	225	12	2	0	44	475	12	1	0	16	38	0	0	0	MMA:2oz G/B:1sv WG
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O BW-PLANT
	Diced Carrots	38	0	0	0	0	64	9	3	4	1	770	5	30	0	V:1/2c RO 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
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Multi Grain Sun Chips ^	140	6	0	0	0	110	19	2	2	2	0	0	10	1	G/B:1.25sv WG
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
06-03-2021	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
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG 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	
06-04-2021	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	

06-07-2021	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	0	2	MMA:2oz G/B:1sv WG
	Diced Carrots	38	0	0	0	0	64	9	3	4	1	770	5	30	0	V:1/2c RO BW-PLANT
	French Fries	87	3	0	0	0	25	14	0	0	1	0	5	0	0	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
	Apple-Cranberry Juice	60	0	0	0	0	15	13	0	12	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	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Multi Grain Sun Chips ^	140	6	0	0	0	110	19	2	2	2	0	0	10	1	G/B:1.25sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
06-08-2021	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	
06-09-2021	TURKEY TACOS	130	7	2	0	70	321	2	0	0	13	201	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
	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
	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	
06-10-2021	CHICKEN SALAD ON A BUN ^ Fresh Broccoli Ranch Dressing SunSplash Veggie Juice Fresh Fruit Pear Cup Cookie	655	23	3	0	32	460	95	8	44	23	71	40	120	5	MMA:2oz G/B:3sv 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	
06-11-2021	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
	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	F:1/2c BW-PLANT	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
06-14-2021	MAC & CHEESE ^	358	14	8	0	37	828	39	2	9	24	12	1	479	1	MMA:2oz G/B:1sv WG
	Cornbread ^	198	6	1	0	28	140	32	2	15	3	156	1	26	1	G/B:2sv WG
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG BW-PLANT
	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
	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	
	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		
06-16-2021	BEEF RIB-B-QUE	202	12	4	0	48	445	10	1	5	17	39	0	30	2	MMA:2oz
	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
	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
	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
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
06-17-2021	HERO SANDWICH ^ Fresh Broccoli Ranch Dressing SunSplash Veggie Juice Craisins Mixed Fruit Mustard	529	13	4	0	49	950	86	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	
06-18-2021	MINI CORN DOGS ^	271	12	4	0	40	412	30	5	5	10	0	0	38	0	MMA:2oz G/B:2sv WG
	Potato Rounds	144	7	1	0	0	394	18	2	1	2	0	1	0	0	V:1/2c S BW-PLANT
	Baked Beans	192	1	0	0	0	285	37	7	8	10	1	0	76	3	V:1/2c L BW-LPP BW-HF
	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

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	

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