

Menus

(See USDA Non-discrimination Statement on back)

School: Richards R-V School District

Academic Year: 2020-21

Meal: All

Month: December 2020

December

| M | Tu | W | Th | F |
|--|--|--|---|---|
| 30 | 1 | 2 | 3 | 4 |
| <p>Breakfast: (PK-5): Cereal bar; cereal; fruit; juice; milk. (Grab N Go for 1st & 6th-8th): Choice of multiple items daily.</p> <p>Lunch: Hamburger on whole wheat bun or crispito; green beans; fruit; milk.</p> | <p>Breakfast: (PK-5): Blueberry muffin; cereal; fruit; juice; milk. (Grab N Go for 1st & 6th-8th): Choice of multiple items daily.</p> <p>Lunch: Chicken sandwich or shredded bbq pork; corn; fruit; cookie; milk.</p> | <p>Breakfast: (PK-5): Breakfast pizza; cereal; fruit; juice; milk. (Grab N Go for 1st & 6th-8th): Choice of multiple items daily.</p> <p>Lunch: Fish shapes or chicken rings; mashed potatoes; mixed vegetables; fruit; bread slice; milk.</p> | <p>Breakfast: (PK-5): Whole grain biscuit; gravy; fruit; juice; milk. (Grab N Go for 1st & 6th-8th): Choice of multiple items daily.</p> <p>Lunch: Pizza (pepperoni); green beans; tomatoes; fruit; milk.</p> | <p>Breakfast: (PK-5): Oatmeal; whole wheat toast; fruit; juice; milk. (Grab N Go for 1st & 6th-8th): Choice of multiple items daily.</p> <p>Lunch: Chicken wings or chicken nuggets; french fries; pork & beans; fruit; milk.</p> |
| 7 | 8 | 9 | 10 | 11 |
| <p>Breakfast: (PK-5): Mini donuts; cereal; fruit; juice; milk. (Grab N Go for 1st & 6th-8th): Choice of multiple items daily.</p> <p>Lunch: Chicken taco or tamales; corn; refried beans; fruit; milk.</p> | <p>Breakfast: (PK-5): Blueberry muffin; little smokies; cereal; fruit; juice; milk. (Grab N Go for 1st & 6th-8th): Choice of multiple items daily.</p> <p>Lunch: Mac & cheese or bbq fries; broccoli; fruit; milk.</p> | <p>Breakfast: (PK-5): Breakfast pizza; cereal; fruit; juice; milk. (Grab N Go for 1st & 6th-8th): Choice of multiple items daily.</p> <p>Lunch: Pulled pork or meatloaf; mashed potatoes; green beans; fruit mix; bread slice; milk.</p> | <p>Breakfast: (PK-5): Whole grain biscuit; gravy; fruit; juice; milk. (Grab N Go for 1st & 6th-8th): Choice of multiple items daily.</p> <p>Lunch: Pizza (sausage); tossed salad; cucumber slices; fruit; milk.</p> | <p>Breakfast: (PK-5): Cereal bar; little smokies; fruit; juice; milk. (Grab N Go for 1st & 6th-8th): Choice of multiple items daily.</p> <p>Lunch: Mini corn dog or meatball sandwich; sunchips; tomatoes; fruit; milk.</p> |
| 14 | 15 | 16 | 17 | 18 |
| <p>Breakfast: (PK-5): Poptart; string cheese; cereal; fruit; juice; milk. (Grab N Go for 1st & 6th-8th): Choice of multiple items daily.</p> <p>Lunch: Cheese pizza or hurricane (like crispito); mixed vegetables; fruit; cookie; milk.</p> | <p>Breakfast: (PK-5): Blueberry muffin; cereal; fruit; juice; milk. (Grab N Go for 1st & 6th-8th): Choice of multiple items daily.</p> <p>Lunch: Chicken wing or mozzarella cheese stick; corn; carrots; fruit; milk.</p> | <p>Breakfast: (PK-5): Breakfast pizza; cereal; fruit; juice; milk. (Grab N Go for 1st & 6th-8th): Choice of multiple items daily.</p> <p>Lunch: Teriyaki chicken or orange chicken; rice; mixed vegetables; fruit; fortune cookie; milk.</p> | <p>Breakfast: (PK-5): Whole grain biscuit; gravy; fruit; juice; milk. (Grab N Go for 1st & 6th-8th): Choice of multiple items daily.</p> <p>Lunch: Ham; mashed potatoes; green beans; stuffing; roll; jello cake; milk.</p> | <p>Breakfast: (PK-5): Breakfast burrito; fruit; juice; milk. (Grab N Go for 1st & 6th-8th): Choice of multiple items daily.</p> <p>Lunch: Pizza (beef); mixed vegetables; fruit; cookie; milk.</p> |
| 21 | 22 | 23 | 24 | 25 |
| | | | | |
| 28 | 29 | 30 | 31 | 1 |
| | | | | |

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- (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.