

Richards Menu



Every lunch includes a choice of milk.

Monday	Tuesday	Wednesday	Thursday	Friday
4 Chicken Pot Pie Fresh Garden Salad Seasoned Vegetables Fruit Cup or BYSL	5 Tacos or Crisпитos Lettuce & Tomato Homemade Salsa Pinto Beans Spanish Rice Fruit Cup	6 Popcorn Chicken or Crispy Chicken Salad with Hot Roll Mashed Potatoes Seasoned Vegetables Berries & Cream	7 Cheesy Bread Sticks w/ Marinara Sauce or Pizza Italian Salad Steamed Vegetables Banana Sundae	8 Chicken Sandwich Basket or Corn Dog Basket with Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit
11 Homemade Meatloaf Hot Roll Mashed Potatoes Seasoned Green Beans Fruit Cup or BYSL	12 Tacos or Nachos Lettuce & Tomato Homemade Salsa Refried Beans Spanish Rice Fruit Cup	13 Asian Bowl or Popcorn Chicken with Hot Roll Steamed Vegetables Glazed Carrots Fruit Cup	14 Chicken Alfredo with Bread Stick or Pizza Tossed Salad Steamed Broccoli Fruit Wiggles	15 Specialty Burger Basket or Chicken Strip Basket with French Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit
18 <i>Enjoy Your Day Off!</i>	19 Tacos with Lettuce & Tomato or Taco Salad Homemade Salsa Spanish Rice Charro Beans Pineapple Tidbits	20 Mini Corn Dogs with Mac & Cheese Cucumber Nachos Seasoned Vegetables Fruit Cup or BYSL	21 Spaghetti with Meat Sauce and Garlic Toast or Pizza Tossed Salad Seasoned Green Beans Banana Sundae	22 Cheese Burger Basket or Hot Dog Basket with French Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit
25 Homemade Salisbury Steak or Popcorn Chicken Hot Roll Mashed Potatoes Seasoned Green Beans Fruit Cup	26 Tacos or Crisпитos Lettuce & Tomato Homemade Salsa Spanish Rice Refried Beans Pineapple Tidbits	27 Chicken & Waffles Fresh Carrots Steamed Vegetables Fruit Cup or BYSL	28 Spaganza with Garlic Toast or Pizza Tossed Salad Seasoned Sweet Corn Frosty Fruit	March 1 Chicken Sandwich Basket or BBQ on Bun Basket with French Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit

Ways Physical Activity Can Change Your Day

1. Sleep tight: being physically active can help you improve your sleep.
2. Improve your mood: Physical activity can give you a better attitude and an extra energy boost during the day.
3. Fuel your brain: Twenty minutes of physical activity before starting your homework can help you unwind from the day and improve your concentration.
4. Bond with buddies: Engaging in physical activity with your friends is a great way to bond with your friends and to even make new ones.



Monday	Tuesday	Wednesday	Thursday	Friday
Biscuits & Gravy or Pancakes with Fruit Topping & Whipped Cream	Scrambled Eggs with Bacon & Toast or Ham & Cheese Croissant	Honey Bun with Sausage Link or Muffin & Yogurt	Breakfast Pizza or Chicken Biscuits	Oatmeal with Toast & Bacon or Pig in a Blanket

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

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