

# RISD

Student Lunch.....\$2.20  
 Reduced Lunch.....\$0.40  
 Staff/Adult Lunch...\$3.25  
 Entrée .....\$1.60  
 Vegetable/Fruit.....\$0.85  
 Bread..\$0.75 Milk..\$0.65  
 Ice Cream...\$0.65 Cookies...\$0.50

## Week 1

Menu for the week of:

**Aug. 22**   **Nov. 14**   **Feb. 20**  
**Sept. 12**   **Dec. 5**   **Mar. 19**  
**Oct. 3**   **Jan. 9**   **April 9**  
**Oct. 24**   **Jan. 30**   **April 30**

## Week 2

Menu for the week of:

**Aug. 29**   **Nov. 21**   **Feb. 27**  
**Sept. 19**   **Dec. 12**   **Mar. 26**  
**Oct. 10**   **Jan. 16**   **April 16**  
**Oct. 31**   **Feb. 6**   **May 7**

## Week 3

Menu for the week of:

**Sept. 5**   **Nov. 28**   **Mar. 5**  
**Sept. 26**   **Jan. 2**   **April 2**  
**Oct. 17**   **Jan. 23**   **April 23**  
**Nov. 7**   **Feb. 13**   **May 14**



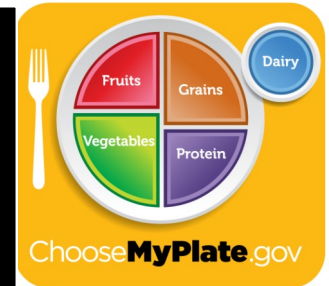
# Secondary Lunch

## 2011-2012 Richardson ISD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole Grain Nachos Bean and Cheese Burrito WG* Spanish Rice Seasoned Green Beans Squash Casserole Oranges and Red Grapes Low Fat Milk	Turkey Tetrizzini Tony's 5" Smart Pizza Cheese or Pepperoni WG Bread Stick Whole Kernel Corn Caesar Salad Peaches w/Cherries Low Fat Milk	Spicy Chicken Sandwich Crispy Steak Sandwich WG Macaroni & Cheese Steamed Broccoli Garden Salad w/ Spinach Season Fresh Fruit Low Fat Milk	Orange Chicken Lo Mien Hamburger or Cheese- burger on WG Bun Sweet Potato Bread Squares Baked Beans Mixed Greens Fresh Fruit Bowl Low Fat Milk	Chicken Nuggets Fish Portion Hot Roll Mashed Potatoes Baby Carrots Red Apples & Green Grapes Low Fat Milk
Chicken Enchiladas Soft Tacos WG Spanish Rice Steamed Broccoli Cowboy Salsa Pineapple Tidbit w/Cherries Low Fat Milk	WG Baked Penne Pasta Tony's 5" Smart Pizza Cheese or Pepperoni WG Bread Stick Whole Kernel Corn Glazed Carrot Coins Apple Wedges Low Fat Milk	Chicken Patty WG Bun Corn & Black Bean Wrap Banana Bread Squares Seasoned Green Beans Caesar Salad Oranges and Red Grapes Low Fat Milk	Rib-B-Que on WG Bun Hamburger or Cheese- burger on WG Bun WG Macaroni & Cheese Pinto Beans Garden Salad w/ Spinach Apple Crisp Low Fat Milk	Shrimp Poppers With Hush Puppies Steak Fingers Hot Roll Mashed Potatoes Spring Blend Veggies Fresh Fruit Bowl Low Fat Milk
Cheese Pizza Sticks Spicy Chicken Sandwich Oatmeal Muffin Squares Seasoned Green Beans Whipped Sweet Potatoes Green Apple & Red Grapes Low Fat Milk	Spaghetti & Meat Sauce Tony's 5" Smart Pizza Cheese or Pepperoni WG Bread Stick Seasoned Corn Caesar Salad Oranges and Red Grapes Low Fat Milk	Frito Pie Chicken Fajitas WG Seasoned Rice Pinto Beans Garden Salad w/ Spinach Mandarin Fruit Salad Low Fat Milk	Salad Bar Day: Popcorn Chicken, Tuna Salad, Egg Hot Roll Romaine & Spinach Salad Assorted Veggies/Toppings Apple Wedges & Dip Low Fat Milk	Fish Sticks Chicken Tenders WG Macaroni & Cheese Steamed Broccoli Mashed Potatoes Fresh Fruit Bowl Low Fat Milk

## Eat to learn. Learn to Eat.

Customers may select from the five components to build a lunch. Components are fruit, grain, protein, milk and vegetables. A minimum of three different components must be taken to get the lunch price or to receive meal benefits. A complete lunch is 3, 4 or 5 different components.



\*WG = Whole Grain

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Lunch Applications are available on line at: [SchoolLunchApp.com](http://SchoolLunchApp.com)  
 Additional information available at [www.risd.org/Group/Departments/Child\\_Nutrition.html](http://www.risd.org/Group/Departments/Child_Nutrition.html)

Student Breakfast.....	\$1.50
Reduced Breakfast.....	\$0.30
Staff/Adult Breakfast .....	\$2.00
Breakfast Entrée.....	\$0.95
Juice/Fruit.....	\$0.85
Milk.....	\$0.65

# Secondary Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
French Toast & Turkey Sausage Patty OR WG Cinnamon Roll  Orange Juice OR Peaches w/Cherries  Low Fat Milk	Breakfast Sausage Pizza OR LF Yogurt & WG Muffin  Orange Juice OR Fresh Grapes  Low Fat Milk	Sausage & Cheese Biscuit Sandwich OR WG Breakfast Bun  Orange Juice OR Fruit Cocktail  Low Fat Milk	Breakfast Sausage Pizza OR Cereal & Cinnamon Texas Toast  Orange Juice OR Banana  Low Fat Milk	Chicken Patty Sandwich on WG Bun OR WG Cinnamon Roll  Orange Juice OR Pineapple Tidbits  Low Fat Milk

Customers may select a minimum of 3 or a maximum of 4 components to get a reimbursable meal. Components are milk, fruit, bread and meat.



Secondary Snack Bar		
Junior High	Fresh Sandwiches on WG Bread.....\$1.60 Flatbread Pizza .....\$1.75 Fresh Baked Pizza.....\$1.75 Fresh Sandwiches on Sub Rolls.....\$2.75 Tuna/Chicken Salad on Croissant.....\$2.75 Sub Sandwiches.....\$2.75 Chick-fil-A Sandwich.....\$3.00	Fruit Juice.....\$0.85 Fresh Fruit.....\$0.85 Fruit Juice Slush, 8 oz.....\$0.65 Pudding Parfait.....\$1.00 Yogurt Parfait.....\$1.75 Fruit/Pasta/Green Salad 1-1/2 Cup...\$1.75 Fruit & Cheese Plate.....\$2.00
	Variety Hot Sandwiches.....\$1.60 Pizza by the Slice.....\$1.75 Burritos.....\$2.00 Clux Delux Chicken Nuggets.....\$2.80 Clux Delux Chicken Tenders.....\$2.80 Clux Delux Chicken Sandwich.....\$3.00 Tony's 7" Pizza.....\$3.25	Fresh Sandwiches on WG Bread.....\$1.60 Fruit Salad, 1-1/2 C..... \$1.75 Green Salad, 1-1/2 C..... \$1.75 Pasta Salad, 1-1/2 C..... \$1.75 Fresh Sandwiches on Sub Rolls.....\$2.75 Tuna/Chicken Salad on Croissant.....\$2.75 Salad Plate, Sandwich & Frt./Veg. ....\$3.50
High School		Fruit Juice.....\$0.85 Fresh Fruit.....\$0.85 Fruit Juice Slush, 12 oz..\$0.85 Pudding Parfait.....\$1.00 Yogurt Parfait .....\$1.75 Soup & Crackers.....\$1.75 Fruit & Cheese Plate.....\$2.00



Menus meet recommended dietary guidelines and may change due to product availability, customer satisfaction or significant market or other changes.

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