












**Richmond Heights Secondary School Lunch Menu w/ Balanced Choices
February 1-5**

Station	Monday	Tuesday	Wednesday	Thursday	Friday
	BBQ Pork Rib Sandwich Baked Beans Potato Salad Low Fat Milk Choice	Chicken Parmesan Seasoned Pasta Green Beans Baked Apples Low Fat Milk Choice	Sloppy Joe on Bun Oven Potatoes Peaches Low Fat Milk Choice	Chicken Tenders Baked Potato Wedges Dinner Roll Pineapple Low Fat White Milk	Hot Dog on Bun Tator Tots Pears Low Fat Milk Choice
 Hamburgers, Cheeseburgers, Chicken Patty Sandwiches on Whole Wheat Buns Offered Daily	 Balanced Choices Meal: Chicken Ranchero Wrap Seasoned Corn Fresh Apple Low Fat Milk Choice	BLT Burger Choice of Fruit Choice of Vegetable Low Fat Milk Choice	Mushroom Swiss Burger Choice of Fruit Choice of Vegetable Low Fat Milk Choice	Grilled Chicken Sandwich Choice of Fruit Choice of Vegetable Low Fat Milk Choice	Mini Corn Dogs Choice of Vegetable Choice of Fruit Low Fat Milk Choice
 Plain and Pepperoni Pizza Offered Daily	Gyro Pizza Choice of Fruit Low Fat Milk Choice	Bacon Cheeseburger Pizza Choice of Fruit Low Fat Milk Choice	BBQ Chicken Pizza Choice of Fruit Low Fat Milk Choice	Veggie Lover's Pizza Choice of Fruit Low Fat Milk Choice	Cheese-filled Breadsticks/sauce Choice of Fruit Low Fat Milk Choice
 Deli Bar Offered Daily	 Balanced Choices Meal: Tuna Salad Wrap Banana Low Fat Milk Choice	 Balanced Choices Meal: Turkey Club Bagel Vegetable Pasta Salad Chilled Applesauce Low Fat Milk Choice	 Balanced Choices Meal: Roast Beef, Red Onion & Spicy Tomato Mayonnaise on Multigrain Bread Vegetable Pasta Salad Chilled Pears Low Fat Milk Choice	 Balanced Choices Meal: Oriental Chicken Slaw Wrap Vegetable Pasta Salad Fresh Pear Low Fat Milk Choice	 Balanced Choices Meal: Chicken Salad Wrap Vegetable Pasta Salad Fresh Orange Low Fat Milk Choice
					

All Lunches Include: Choice of Entrée, Choice of Two Vegetable/Fruit Side Dishes, and Choice of Milk.
 Vegetable/Fruit Side Dishes Available Daily Include: Featured Hot Vegetable(s), and Fresh Fruit
 Low Fat Milk Choices Include: skim white milk, low fat (1%) white, chocolate, and strawberry milk.