

**Richmond Heights Secondary School Lunch Menu w/ Balanced Choices
August 24-August 27**

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Origins Favorite Comfort Foods & International Flavors Served Your Way</p>		Bow Tie Pasta Shredded Part Skim Mozzarella Cheese Seasoned Fresh Carrots w/ Corn Tossed Salad/ Light Dressing Whole Wheat Toasted Garlic Bun Red Marinara Sauce	Breaded Popcorn Chicken Mashed Potatoes Seasoned Collards Roasted Carrot Fries WG Breadstick Homemade Chicken Gravy	Spicy Taco Meat Tortilla Shells Rice & Beans Warm Baked Apple Slices Crispy Spinach Mixed Greens/homemade Creamy Cilantro Lime Dressing	French Roasted Southern Style BBQ Pork Confetti Coleslaw Cinnamon Sweet Potatoes Fresh Baked Biscuit
<p>THE FRESH GRILLE Lean Beef Burgers w/ Cheese & Breaded Chicken Sandwiches Available Daily</p>		Buffalo Chicken Sandwich Oven Roasted Potato Fries Fresh Romaine Lettuce & Tomato	Salsa Chicken Wrap Broccoli w/ Cheese Sauce Fresh Romaine Lettuce & Tomato	Chicken Parmesan Wrap Warm Baked Apple Slices Fresh Romaine Lettuce & Tomato	Turkey & Cheese Bagel Melt Cinnamon Sweet Potatoes Fresh Romaine Lettuce & Tomato
<p>Trattoria Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</p>		Pepperoni Pizza Whole Wheat Pizza Dunkers/Shredded Cheese & Tomato Dipping Sauce Veggie Crudités Cups	Buffalo Chicken Pizza Jamaican Beef Patty Tossed Salad w/ Light Dressing	Pepperoni Pizza Triple Decker Bean Tostados w/ Salsa Spinach Romaine Salad w/ Strawberries	Veggie Lover's Pizza Broccoli & Cheese Calzone w/ Tomato Dipping Sauce Confetti Coleslaw
<p>Sandwich Central Cold Sandwiches & Salads Made Fresh Your Way</p>		Made to Order Sandwich & Salad Bar Triple Decker Turkey Club on Whole Wheat	Made to Order Sandwich & Salad Bar Neapolitan Hero w/ Balsamic Vinaigrette & Vegetable Pasta Salad	Made to Order Sandwich & Salad Bar BBQ Chicken Salad w/ Toasted Flatbreads & Homemade Ranch Dressing	Made to Order Sandwich & Salad Bar Turkey & Swiss Ciabatta w/ Dijon Mustard

Lunch price is \$2.75 and \$0.40 for reduced student lunches.

Low Fat Milk Choices Include: skim white milk, low fat (1%) white, chocolate, and strawberry milk.