



Menus for:
Rich Central High School
Rich East High School
Rich South High School



Nutrition Tip: With September being Whole Grains month try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

NO SCHOOL

2

Tuesday

Burger Bar
 Breaded Pepperjack Chicken Sandwich
 Taco Bar/Salad Bar
 Cold Sandwich Combo
 ½ Sandwich with Homemade Soup

3

Wednesday

Pizza Day
 BBQ Chicken Chopped Salad
 Taco Bar/Salad Bar
 Cold Sandwich Combo
 ½ Sandwich with Homemade Soup

4

Thursday

Spicy Cheesy Beef Sandwich
 Turkey Sub
 Taco Bar/Salad Bar
 Cold Sandwich Combo
 ½ Sandwich with Homemade Soup

5

Friday

Homemade Taco Puff
 Grilled Rubeen Sandwich
 Taco Bar/Salad Bar
 Cold Sandwich Combo
 ½ Sandwich with Homemade Soup

6

Nachos el Grande
 Beef Rib B Que on Roll
 Taco Bar/Salad Bar
 Cold Sandwich Combo
 ½ Sandwich with Homemade Soup

9

Asian Bar
 Bratwurst on Bun
 Taco Bar/Salad Bar
 Cold Sandwich Combo
 ½ Sandwich with Homemade Soup

10

Pizza Day
 Turkey Club Sub
 Taco Bar/Salad Bar
 Cold Sandwich Combo
 ½ Sandwich with Homemade Soup

11

Chicken and Pasta w/Garlic Bread
 Italian Sausage on Bun
 Taco Bar/Salad Bar
 Cold Sandwich Combo
 ½ Sandwich with Homemade Soup

12

Boneless Chicken Wingettes with Roll
 Grilled Cheese Sandwich
 Taco Bar/Salad Bar
 Cold Sandwich Combo
 ½ Sandwich with Homemade Soup

13

Mexican Medley Bar
 Chili Dog on Bun
 Taco Bar/Salad Bar
 Cold Sandwich Combo
 ½ Sandwich with Homemade Soup

16

Souper Salad Bar
 Grilled Chicken Sandwich
 Taco Bar/Salad Bar
 Cold Sandwich Combo
 ½ Sandwich with Homemade Soup

17

Pizza Day
 Bratwurst on Bun
 Taco Bar/Salad Bar
 Cold Sandwich Combo
 ½ Sandwich with Homemade Soup

18

Lasagna with Garlic Bread
 Italian Sausage Sandwich
 Taco Bar/Salad Bar
 Cold Sandwich Combo
 ½ Sandwich with Homemade Soup

19

Chicken Poppers with Roll
 Beef Rib B Que on Bun
 Taco Bar/Salad Bar
 Cold Sandwich Combo
 ½ Sandwich with Homemade Soup

20

Walking Tacos
 Pattie Melt on Rye
 Taco Bar/Salad Bar
 Cold Sandwich Combo
 ½ Sandwich with Homemade Soup

23

Baked Potato Bar
 Polish Sausage on Bun
 Taco Bar/Salad Bar
 Cold Sandwich Combo
 ½ Sandwich with Homemade Soup

24

Pizza Day
 White Turkey Chili in Bread Bo
 Taco Bar/Salad Bar
 Cold Sandwich Combo
 ½ Sandwich with Homemade Soup

25

Stir Fry Chicken with Roll
 Breaded Chicken Sandwich
 Taco Bar/Salad Bar
 Cold Sandwich Combo
 ½ Sandwich with Homemade Soup

26

Baked Spicy Chicken Leg w/ Cornbread
 Macaroni & Cheese w/Cornbread
 Taco Bar/Salad Bar
 Cold Sandwich Combo
 ½ Sandwich with Homemade Soup

27

Chicken Fajitas
 Cheese Quesadillas
 Taco Bar/Salad Bar
 Cold Sandwich Combo
 ½ Sandwich with Homemade Soup

30



Menus Subject to Change
 Without Notice!

