

Richland High School Café Guide to Lunch Choices

HOW TO CREATE A MEAL FOR THE LUNCH PRICE

A student needs to take a Fruit or Vegetable, and at least 3 of the lunch components to receive the meal at the lunch price. The student may select up to 5 of the lunch components and still only pay the lunch price for the meal.

WHAT IS MEANT BY “LUNCH PRICE”

The lunch price is the amount advertised on the menu that a student is charged. If the student does not take a Fruit or Vegetable, at least the 3 components they will be charged for each item separately. This could result in paying more money for only two items instead of the lower price of an entire lunch. Just think of it as an extra value meal.

WHAT ARE THE COMPONENTS OF A LUNCH

There are 5 components to the lunch meal.

- The student may select 1 entrée from one area in the Food Court. This is the protein component and often also includes the grain.
- The student may choose 2 items from “Greens and Things” This area has two of the components, the fruit and the vegetable. There is a variety of fresh fruit, fruit juice, canned fruit, fresh vegetable and salad. When available the student may choose a cooked vegetable in the Signature Entrée area.
- The student may select 1 milk or chocolate milk.
- The student may take 1 roll with the meal. We offer both fresh baked whole wheat and white rolls daily.

FOODSERVICE MANAGE • foodservices@richlandhsd.com



WHAT ARE THE AREAS IN THE FOOD COURT

The Food Court offers six areas in which the student may choose from.

- Signature Entrée – features a specialty item
- J.Clark's Grille – offers a chicken and hot sandwich entrée
- Poblano's – nachos grande or soft shell taco
- Market Street Deli – creates a sandwich made to order
- Pizza Express – offers plain or pepperoni pizza
- Up for Grabs – variety of salad entrée such as Chef or Caesar

Breakfast Is Served

HOW TO CREATE A BREAKFAST

A student needs to take at least 3 of the breakfast components to receive the meal at the breakfast price. The student may select up to 4 of the breakfast components and still only pay the breakfast price for the meal.

WHAT ARE THE BREAKFAST COMPONENTS

There are 4 components to the breakfast meal.

- The student may select 1 entrée from an open area in the Food Court. The entrée contains two components, either the protein and the grain or two grains.
- The student may choose 1 items from “Greens and Things” if they are also going to choose a milk. This area has one component, the fruit. There is a variety of fresh fruit, fruit juice and canned fruit. If the student is not going to choose a milk, they may choose 2 items from “Greens and Things”.
- The student may select 1 milk or chocolate milk if they chose only 1 item from “Greens and Things”.