



# Richards Middle School

## Daily Lunch Specials

January 2019

### MENU KEY

#### for Featured Items

(items offered daily listed below)

**H = Homestyle**

**P = Pizza**

**G = Grill**

**Sal = Salad**

**SDW = Sandwich**

1

**No School  
Winter Break**

2

**No School  
Winter Break**

3

**No School  
Winter Break**

4

**No School  
Winter Break**

7

**H**-Salisbury Steak & Noodles  
**P**-Greek Veggie Pizza  
**G**-Parmesan Cheeseburger Melt  
**Sal**-Chicken Ham Chef Salad  
**Sand**-Greek Chicken Wrap

8

**H**-Chili Mac  
**P**-Cheeseburger Pizza  
**G**-Sloppy Joe with Melted Cheese  
**Sal**-Egg Salad Platter  
**Sand**-Chicken Salad Sandwich

9

**No Lunch  
Early Release**

10

**H**-Macaroni & Cheese with a Biscuit  
**P**-Roasted Veggie Pizza  
**G**-Jerk Chicken Sandwich  
**Sal**-Chicken Nacho Salad  
**Sand**-Turkey Sandwich

11

**H**-Bosco Sticks & Marinara Sauce  
**P**-White Pizza  
**G**-Chicken Parmesan Flatbread  
**Sal**-Fruit & Cheese Plate  
**Sand**-Roasted Veggie Sub

14

**H**-Cheesy Baked Penne Pasta & Breadstick  
**P**-Meat Lover's Pizza  
**G**-Chicken Patty Ciabatta Sandwich  
**Sal**-Beef Nacho Salad  
**Sand**-Southwest Chicken Wrap

15

**H**-Sweet & Sour Chicken with Rice  
**P**-Mexican Pizza  
**G**-Hamburger with Red Pepper Spread  
**Sal**-Cheesy Romaine Salad  
**Sand**-Chicken Ham Flatbread Sandwich

16

**H**-Breakfast Burrito & Hash Brown Patty  
**P**-BBQ Chicken Pizza  
**G**-Parmesan Ranch Cheeseburger  
**Sal**-Diced Chicken Salad  
**Sand**-Chicken Ham & Cheese Sub

17

**H**-Italian Three Meat Calzone  
**P**-Cheesy White Pizza  
**G**-Southwest Grilled Chicken Sandwich  
**Sal**-Winter Fruit Plate  
**Sand**-Diced Chicken Wrap

18

**H**-Spaghetti Carbonara & Breadstick  
**P**-Hawaiian Pizza  
**G**-Diced Chicken & Cheese Melt  
**Sal**-Popcorn Chicken Salad  
**Sand**-Egg Salad Sandwich

21

**H**-Chicken Drumstick & Corn Muffin  
**P**-White Sausage Pizza  
**G**-Sriracha Crunch Cheeseburger  
**Sal**-Egg Chef Salad  
**Sand**-Chicken Ham Sandwich

22

**H**-Chicken Parmesan & Spaghetti  
**P**-Pico de Gallo Pizza  
**G**-Turkey & Cheese Melt  
**Sal**-Tuna Salad Platter  
**Sand**-Asian Chicken Wrap

23

**H**-Chili & Cheese Baked Potato  
**P**-Cheeseburger Pizza  
**G**-Meatball Sub  
**Sal**-Buffalo Chicken Salad  
**Sand**-Black Bean & Cheese Bagel

24

**No Lunch  
Half Day**

25

**No Lunch  
Half Day**

28

**H**-Corn Dog & Breadstick  
**P**-Veggie Pesto Pizza  
**G**-Chili Cheese Dog  
**Sal**-Bean Nacho Salad  
**Sand**-Chicken Caesar Wrap

29

**H**-Popcorn Chicken Bowl & Soft Pretzel  
**P**-Spicy Chicken Sausage Pizza  
**G**-BBQ Chicken Flatbread  
**Sal**-Summer Fruit Plate  
**Sand**-Turkey & Cheese Sub

30

**H**-Ravioli & Marinara Sauce  
**P**-Meat Lover's Pizza  
**G**-Chicken Ranch Club Flatbread  
**Sal**-Veggie Egg Salad  
**Sand**-Chicken Ham & Turkey Sandwich

31

**H**-Spicy Pepperoni Stromboli  
**P**-Hawaiian Pizza  
**G**-Cajun Cheeseburger  
**Sal**-Turkey Chef Salad  
**Sand**-Veggie & Hummus Wrap

### Daily Items:

**Pizza**- Cheese or Pepperoni Pizza

**Grill**- Hamburger, Cheeseburger, Chicken Sandwich, Spicy Chicken Sandwich, Chicken Tenders, Veggie Burger

**Create Your Own Mexican Style Entrée**

**Fruit and Veggie Bar**

**Friday Only- Make your own Sub Bar**

You Can Apply for Free/Reduced meals at

[www.lunchapp.com](http://www.lunchapp.com)

Put money on your student's account for free! @

[www.sendmoneytoschool.com](http://www.sendmoneytoschool.com)

Full Lunch includes Entrée, Fruit, Veggie and Milk  
Full lunch price is \$2.85 for paid students and \$0.40 for reduced students.