



September 2019

Richards Middle School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p>Special News... More Info...</p> <p>DAILY ITEMS:</p> <p>Pizza- Cheese or Pepperoni Pizza</p> <p>Grill- Hamburger, Cheeseburger, Chicken Sandwich, Spicy Chicken Sandwich, Chicken Tenders, Veggie Burger</p> <p>Create Your Own Mexican Style Entrée</p> <p>Fruit & Veggie Bar</p> <p>Friday Only- Make your own Sub Bar</p> <p>MENU KEY for Featured Items (items offered daily listed below)</p> <p>H = Homestyle P = Pizza G = Grill Sal = Salad SDW = Sandwich</p> <p><small>Menus are subject to change without notice.</small></p>
<p>2</p> <p>No School Labor Day</p>	<p>3</p> <p>H-Sweet & Sour Chicken with Rice P-Mexican Pizza G-Crispy Fish Sandwich Sal-Cheesy Romaine Salad Sand-Southwest C.Ham Flatbread</p>	<p>4</p> <p>H-Italian Salad & Pizza Breadstick P-BBQ Chicken Pizza G-Parmesan Ranch Cheeseburger Sal-Chicken Ranch Salad Sand-C.Ham & Cheese Sub</p>	<p>5</p> <p>H-Mac & Cheese with Fish Sticks P-Three Cheese Pizza G-Turkey & Swiss Flatbread Sal-Fruit & Cheese Plate Sand-Honey Mustard Chicken Wrap</p>	<p>6</p> <p>H-Spaghetti Carbonara P-Hawaiian Pizza G-Mushroom Swiss Burger Sal-Popcorn Chicken Salad Sand-Egg Salad Sandwich</p>	
<p>9</p> <p>H-Chicken Drumstick & Biscuit P-Cheesy Sausage Pizza G-Sriracha Cheeseburger Sal-Egg Chef Salad Sand-C.Ham Sandwich</p>	<p>10</p> <p>H-Chicken Parmesan P-Pico de Gallo Pizza G-BBQ Cheeseburger Sal-Buffero Chicken Salad Sand-Asian Chicken Wrap</p>	<p>11</p> <p>H-Baked Potato & Corn Muffin P-Cheeseburger Pizza G-Meatball Pizza Sub Sal-Greek Chicken Salad Sand-Buffero Chicken Wrap</p>	<p>12</p> <p>H-Fried Rice & Egg Roll P- BBQ Chicken Pizza G- Chipotle Black Bean Burger Sal-Baja Veggie Salad Sand- Turkey & Cheese Sub</p>	<p>13</p> <p>H-Southwest Chicken Salad Bowl P-Mexican Pizza G-Honey Mustard Chicken Melt Sal-Fruit & Cheese Plate Sand-C.Ham & Turkey Wrap</p>	
<p>16</p> <p>H-Macaroni & Cheese with Crackers P-Veggie Pesto Pizza G-Chili Cheese Dog Sal-Bean Nacho Salad Sand-Chicken Caesar Wrap</p>	<p>17</p> <p>H-Chicken & Waffles P-Spicy Sausage Pizza G-Philly Cheesesteak Sal-Fruit & Cheese Plate Sand-Turkey BaBoom Sub</p>	<p>18</p> <p>H-Ravioli & Garlic Bread P-Meat Lover's Pizza G-Greek Chicken Flatbread Sal-Egg Veggie Salad Sand-Chicken Club Flatbread</p>	<p>19</p> <p>H-Thai Chicken & Rise P-Hawaiian Pizza G-Cajun Cheeseburger Sal-Turkey Chef Salad Sand-Hummus Veggie Wrap</p>	<p>20</p> <p>H-Chili Cheese Fries P-Buffero Chicken Pizza G-Chipotle Chicken Sandwich Sal-Diced Chicken & Cheese Salad Sand-Tuna Salad Sandwich</p>	
<p>23</p> <p>H-Meatloaf with Gravy & Dinner Roll P-Taco Pizza G-Red Pepper Chicken Burger Sal-Tuna Veggie Salad Sand-Three Cheese Sub</p>	<p>24</p> <p>H-Walking Beef Tacos P-Greek Chicken Pizza G-Chicken & Cheese Flatbread Sal-Buffero Chicken Salad Sand-Santa Fe Turkey Wrap</p>	<p>25</p> <p>H-Orange Chicken & LoMein P-Vegetable Pizza G-Southwest Turkey Reuben Sal-Turkey & Cheese Salad Sand-Broccoli & Cheese Flatbread</p>	<p>26</p> <p>H-Beef Chili & Corn Muffin P-Chicken Ranch Flatbread Pizza G-Chicken Bacon Ciabatta Sal-Greek Salad Sand-Thai Chicken Wrap</p>	<p>27</p> <p>H-Hang Time Chicken Basket P-Spicy Sausage Pizza G-Black Bean Burger with Roasted Veggies Sal-Baja Chicken Salad Sand-Chicken Club Flatbread</p>	
<p>30</p> <p>H-Three Cheese Calzone P-Greek Pizza G-Atomic Cheeseburger Sal-C.Ham Chef Salad Sand-Greek Chicken Wrap</p>					

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



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