RPS RICHMOND PUBLIC SCHOOLS



Middle School Lunch Menu Fall 2023

Lunch includes:
Choice of 1 Entree, 1-2 Vegetables, 1 Fruit, and 1 Milk

Menu subject to change due to item availability

Vegetarian Options Available Upon Request

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 2	July 31	Aug 1	Aug 2	Aug 3	Aug 4
Entree (Choose 1) **Vegetables** (Choose 1-2) **Fruit** (Choose 1) **Milk** (Choose 1)	• Spicy Chicken Sandwich • Pickle, Tomato & Lettuce Cup • Broccoli w/Cheese • 100% Juice • Assorted Milk	• Turkey Taco w/ Tortilla Chips • Black Beans • Salsa Cup • Orange • Assorted Milk	• Breakfast for Lunch: Chicken & Waffles • Mixed Vegetables • Hashbrown Patty • Diced Pears • Assorted Milk	• BBQ Chicken w/Dinner Roll • Potato Wedges • Coleslaw • 100% Juice • Assorted Milk	• Big Daddy's Pizza • Garden Salad • Seasoned Corn • Banana • Assorted Milk
Week 3	Aug 7	Aug 8	Aug 9	Aug 10	Aug 11
Entree (Choose 1) **Vegetables** (Choose 1-2) **Fruit** (Choose 1) **Milk** (Choose 1)	• Hot Dog • Baked Beans • Steamed Broccoli • Apple • Assorted Milk	• Fajita Chicken Wrap • Black Beans • Salsa Cup • 100% Juice • Assorted Milk	• Spaghetti w/ Meatballs & Breadstick • Green Beans • Baby Carrots • Pear • Assorted Milk	• Chicken Nuggets w/ Biscuit • Steamed Broccoli • Seasoned Corn • 100% Juice • Assorted Milk	• Big Daddy's Pizza • Crinkle Cut Fries • Garden Salad • Orange • Assorted Milk
Week 1	Aug 14	Aug 15	Aug 16	Aug 17	Aug 18
Entree (Choose 1) **Vegetables** (Choose 1-2) **Fruit** (Choose 1) **Milk** (Choose 1)	• Philly Cheese Steak • Mixed Vegetables • Marinara Cup • 100% Juice • Assorted Milk	• RPS Burger • Crinkle Cut Fries • Pickle, Tomato & Lettuce Cup • Apple • Assorted Milk	• Teriyaki Chicken w/ Rice • Steamed Broccoli • Baked Sweet Potato • Applesauce Cup • Assorted Milk	• Corn Dog • Baked Beans • Baby Carrots • 100% Juice • Assorted Milk	• Big Daddy's Pizza • Garden Salad • Potato Wedges • Orange • Assorted Milk

Additional Daily Entree Options

- Chicken Sandwich, Hot Dog, or Pizza
- Parfait w/Fruit & Granola
- Hummus & Veggie Box
- Entree Salad

(Manager may offer 1-3 additional options daily. Varies by school, see your cafe manager for details)

Nutrition Bites

- August is National Peach Month
- Did you know: There are over 700 varieties of peaches in the world!
- Orange fruits like peaches are rich in Vitamin C, Vitamin A, and beta-carotene, which support eye and heart health, and help your body fight disease

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https://www.fns.usda.gov/civil-rights/usda-nondiscrimination-statement-other-fns-programs

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 2	Aug 21	Aug 22	Aug 23	Aug 24	Aug 25
Entree (Choose 1) **Vegetables** (Choose 1-2) **Fruit** (Choose 1) **Milk** (Choose 1)	• Spicy Chicken Sandwich • Pickle, Tomato & Lettuce Cup • Broccoli w/Cheese • 100% Juice • Assorted Milk	• Turkey Taco w/ Tortilla Chips • Black Beans • Salsa Cup • Orange • Assorted Milk *"National Eat a Peach Day"*	• Breakfast for Lunch: Chicken & Waffles • Mixed Vegetables • Hashbrown Patty • Diced Pears • Assorted Milk	• BBQ Chicken w/Dinner Roll • Potato Wedges • Coleslaw • 100% Juice • Assorted Milk	• Big Daddy's Pizza • Garden Salad • Seasoned Corn • Banana • Assorted Milk
Week 3	Aug 28	Aug 29	Aug 30	Aug 31	Sept 1
Entree (Choose 1) **Vegetables** (Choose 1-2) **Fruit** (Choose 1) **Milk** (Choose 1)	• Hot Dog • Baked Beans • Steamed Broccoli • Apple • Assorted Milk	• Fajita Chicken Wrap • Black Beans • Salsa Cup • 100% Juice • Assorted Milk	• Spaghetti w/ Meatballs & Breadstick • Green Beans • Baby Carrots • Pear • Assorted Milk	• Chicken Nuggets w/ Biscuit • Steamed Broccoli • Seasoned Corn • 100% Juice • Assorted Milk	Holiday
Week 1	Sept 4	Sept 5	Sept 6	Sept 7	Sept 8
Entree (Choose 1) **Vegetables** (Choose 1-2) **Fruit** (Choose 1) **Milk** (Choose 1)	Holiday	• RPS Burger • Crinkle Cut Fries • Pickle, Tomato & Lettuce Cup • 100% Juice • Assorted Milk	• Teriyaki Chicken w/ Rice • Steamed Broccoli • Baked Sweet Potato • Applesauce Cup • Assorted Milk	• Corn Dog • Baked Beans • Baby Carrots • Mixed Fruit • Assorted Milk	• Big Daddy's Pizza • Garden Salad • Potato Wedges • 100% Juice • Assorted Milk

Additional Daily Entree Options

- Chicken Sandwich, Hot Dog, or Pizza
- Parfait w/Fruit & Granola
- Hummus & Veggie Box
- Entree Salad

(Manager may offer 1-3 additional options daily. Varies by school, see your cafe manager for details)

Nutrition Bites

- Middle School lunch includes one entree (lean protein + whole grains), ½ cup of fruit, ¾ cup of vegetables, and one milk.
- Students must choose at least 3 items for their meal, and may choose to take all 5 items. One item must be a fruit or vegetable.
- Learn more: frac.org/programs/national-school-lunch-program/

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Fall 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 2	Sept 11	Sept 12	Sept 13	Sept 14	Sept 15
Entree (Choose 1) **Vegetables** (Choose 1-2) **Fruit** (Choose 1) **Milk** (Choose 1)	• Spicy Chicken Sandwich • Pickle, Tomato & Lettuce Cup • Broccoli w/Cheese • 100% Juice • Assorted Milk	• Turkey Taco w/ Tortilla Chips • Black Beans • Salsa Cup • Orange • Assorted Milk	• Breakfast for Lunch: Chicken & Waffles • Mixed Vegetables • Hashbrown Patty • Diced Pears • Assorted Milk	• BBQ Chicken w/Dinner Roll • Potato Wedges • Coleslaw • 100% Juice • Assorted Milk	• Big Daddy's Pizza • Garden Salad • Seasoned Corn • Banana • Assorted Milk
Week 3	Sept 18	Sept 19	Sept 20	Sept 21	Sept 22
Entree (Choose 1) **Vegetables** (Choose 1-2) **Fruit** (Choose 1) **Milk** (Choose 1)	• Hot Dog • Baked Beans • Steamed Broccoli • Apple • Assorted Milk	• Fajita Chicken Wrap • Black Beans • Salsa Cup • 100% Juice • Assorted Milk	• Spaghetti w/ Meatballs & Breadstick • Green Beans • Baby Carrots • Pear • Assorted Milk	• Chicken Nuggets w/ Biscuit • Steamed Broccoli • Seasoned Corn • 100% Juice • Assorted Milk *"World Gratitude Day"*	• Big Daddy's Pizza • Crinkle Cut Fries • Garden Salad • Orange • Assorted Milk
Week 1	Sept 25	Sept 26	Sept 27	Sept 28	Sept 29
Entree (Choose 1) **Vegetables** (Choose 1-2) **Fruit** (Choose 1) **Milk** (Choose 1)	Holiday	• RPS Burger • Crinkle Cut Fries • Pickle, Tomato & Lettuce Cup • 100% Juice • Assorted Milk	• Teriyaki Chicken w/ Rice • Steamed Broccoli • Baked Sweet Potato • Applesauce Cup • Assorted Milk	• Corn Dog • Baked Beans • Baby Carrots • 100% Juice • Assorted Milk	• Big Daddy's Pizza • Garden Salad • Potato Wedges • Apple • Assorted Milk

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Choice of 1 Entree, 1-2 Vegetables, 1 Fruit, and 1 Milk

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Additional Daily Entree Options

- Chicken Sandwich, Hot Dog, or Pizza
- Parfait w/Fruit & Granola
- Hummus & Veggie Box
- Entree Salad

(Manager may offer 1-3 additional options daily. Varies by school, see your cafe manager for details)

Nutrition Bites

- September is National Mushroom Month!
- Mushrooms that are grown in UV light are the only plant-based source of Vitamin D, the "sunshine vitamin" that supports bone health
- Learn More: mushroomcouncil.com/nutrition/

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