6-8 MS Lunch



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Week 1	Nov 6	Nov 7	Nov 8	Nov 9	Nov 10	
	Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	 RPS Burger Crinkle Cut Fries Pickle, Tomato & Lettuce Cup Apple Assorted Milk 	Schools Closed Caregiver/Teacher Conferences	 Ranch Chicken w/ Dinner Roll 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 Seasoned Corn Orange Assorted Milk 	
	Week 2	Nov 13	Nov 14	Nov 15	Nov 16	Nov 17	
	Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	RPS Closed Diwali	 Turkey Taco w/ Tortilla Chips Black Beans Salsa Cup Mixed Fruit Assorted Milk 	 Breakfast for Lunch: Chicken & Waffles Mixed Vegetables Hashbrown Patty Diced Pears Assorted Milk 	 Autumn Holiday Meal 	 Big Daddy's Pizza Garden Salad Seasoned Corn Apple Assorted Milk 	
	Week 3	Nov 20	Nov 21	Nov 22	Nov 23	Nov 24	
	Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	 Hot Dog Baked Beans Coleslaw Banana Assorted Milk 	 Spaghetti w/ Meatballs & Breadstick Green Beans Seasoned Carrots Diced Pears Assorted Milk 	**Thanksgiving	Break	RPS Closed**	
Additional Daily Entree Options				Λl	utrition Bites		
	 Chicken Parfait w Hummus Entree S (Manager may 	Sandwich, Hamburger ı/Fruit & Granola s & Veggie Box	, or Pizza • Novem • Comme indigen • Try reci holiday https://	 November is National Native American Heritage Month. Commemorate National Native American Heritage Month with indigenous foods! Try recipes and cooking techniques as we enjoy native ingredients during holiday celebrations that still nourish us today at https://www.firstnations.org/knowledge-center/recipes/ 			

This institution is an equal opportunity provider. USDA Non-Discrimination Statement <u>https://www.fns.usda.gov/civil-rights/usda-nondiscrimination-statement-other-fns-programs</u>

Middle School Lunch Menu Winter 2023

<u>Lunch includes:</u> 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

RPSRICHMOND PUBLIC SCHOOLS

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY Week 1 Nov 27 Nov 29 Nov 28 Nov 30 Dec 1 • Philly Cheese • RPS Burger BBQ Chicken w/ Corn Dog • Big Daddy's Pizza Entree (Choose 1) Crinkle Cut Fries Steak Dinner Roll Baked Beans Garden Salad Vegetables Coleslaw • Pickle, Tomato & Steamed Broccoli
 Seasoned Carrots Seasoned Corn (Choose 1-2) Baked Sweet • 100% Juice Green Beans Lettuce Cup Red Apple Fruit Assorted Milk Orange Assorted Milk Diced Pears Potato (Choose 1) • 100% Juice • Assorted Milk • Applesauce Cup Milk (Choose 1) Assorted Milk Assorted Milk Week 2 Dec 4 Dec 5 Dec 6 Dec 7 Dec 8 Breakfast for Ranch Chicken Spicy Chicken • Turkey Taco w/ Big Daddy's Pizza Entree (Choose 1) Lunch: Chicken & Garden Salad Sandwich Tortilla Chips w/Dinner Roll **Vegetables** • Pickle, Tomato & Black Beans Waffles Potato Wedges Seasoned Corn (Choose 1-2) Lettuce Cup Salsa Cup Apple Mixed Coleslaw Fruit • Broccoli Orange Vegetables • 100% Juice • Assorted Milk (Choose 1) w/Cheese Assorted Milk • Hashbrown Patty Milk Assorted Milk • Diced Pears (Choose 1) • 100% Juice Assorted Milk Assorted Milk Week 3 Dec 11 Dec 12 Dec 13 Dec 14 Dec 15 • Hot Dog Teriyaki Chicken • Spaghetti w/ Chicken Nuggets • Big Daddy's Pizza Entree (Choose 1) Baked Beans Meatballs & Seasoned Corn Dumplings w/ Biscuit Vegetables Coleslaw • Seasoned Peas Steamed Broccoli Garden Salad Breadstick (Choose 1-2) Seasoned Carrots
 Green Beans Banana Crinkle Cut Fries Orange Fruit • Assorted Milk • 100% Juice • 100% Juice Baby Carrots Assorted Milk (Choose 1) Assorted Milk Assorted Milk Pear Milk • Assorted Milk (Choose 1) Additional Daily Entree Options Nutrition Bites December 1st is Eat a Red Apple Day Chicken Sandwich, Hamburger, or Pizza The Dietary Guidelines for Americans recommends two cups of fruit per • Parfait w/Fruit & Granola day as a part of a healthy diet. • Hummus & Veggie Box • A medium raw, 3-inch apple is low in calories and contains vitamin C, Entree Salad potassium and 4.4 grams of dietary fiber if eaten with the skin (Manager may offer 1-3 additional options daily. Varies by school, see your cafe manager for details)

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