2025-2026
Radnor Township School District
MIDDLE SCHOOL LUNCH MENU

Breakfast Menu

****Breakfast sandwich** contains:
one egg, .5 oz. of LF cheese on whole grain English muffin or bagel.

***Premium breakfast sandwich** contains:
one egg, .5 oz. of LF cheese, 1 oz. LF sausage on whole grain English muffin or bagel.

Students **must** take at least ½ cup fruit with each meal.

Student may substitute low sugar cereal and/or muffin for the daily entrée.

WEEKLY

Monday	Tuesday	Wednesday	Thursday	Friday
•WG French Toast •Turkey Sausage •Fresh Fruit	•Turkey Sausage, Egg, Cheese on a Croissant •Assorted 100% Fruit Juice	•Waffles •4 oz. Yogurt •Chilled Fruit	•Egg & Cheese Breakfast Sandwich •Assorted Fruit	•WG Pancakes •Assorted 100% Fruit Juice

Lunch A La Carte Selections

4 oz Muffins	$2.00
Fresh Fruit Parfait w/Granola	$2.50
Fresh Fruit pick up	$0.75
WW Bun	$1.00
Assorted Cereal	$1.00
4 oz Yogurt	$1.00
Fresh Fruit Cup	$1.00
Pancakes/French Toast	$1.75
Milk	$0.75
Juice	$0.75
16 oz Water	$1.00
**Breakfast Sandwich	$2.00
*Prem Breakfast Sandwich	$2.50

Meal Pricing

Breakfast **FREE**

Reduced Breakfast **FREE**

Lunch $3.35

Reduced Lunch **FREE**

Lunch Menu

***Vegetarian Meals Offered Daily**
LF= Low Fat, LS= Low Sodium, WW= Whole Wheat, WG= Whole Grain

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
•Bosco Sticks with Marinara Sauce •Steamed Broccoli •Caesar Salad with LF Dressing •Chilled Fruit •Cheez-Its	•Honey BBQ/ Spicy Chicken Wings •Onion Rings •Fresh Veggie Cup with LF Dip •Fresh Fruit •Assorted 100% Fruit Juice	•French Toast Sticks with Syrup •Hash Brown •Turkey Sausage Patty •Assorted 100% Fruit Juice •Orange Smiles	•Nachos with Salsa, Shredded Lettuce, Tomato & LF Cheese •Black Bean Salad •Tasty Fruit Cocktail •Sidekick •Baby Carrots	•Chicken Patty on Bun •Smile Fries •Mixed Green Salad with LF Dressing •Peach Cup •Goldfish

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
•Mozzarella Sticks with Marinara •Fresh Veggie Cup with LF Dip •Ranch Potato Wedges •WG Dinner Roll •Fresh Fruit	•WG Popcorn Chicken with BBQ Sauce •Potato Casserole •Garden Side Salad with LF Dressing •WG Breadstick •Sliced Apples	•Hotdog on WW Bun •Macaroni & Cheese •Steamed Broccoli •Chilled Fruit •Graham Crackers	•Chicken Nuggets with Sauce •Mashed Potatoes •Mini Corn Muffin •Honey Carrots •Fresh Fruit •Goldfish	•Walking Tacos with Cheese •Fresh Tomato Salad •Assorted 100% Fruit Juice •Black Bean Salad •Applesauce with Cinnamon •Sliced Cucumbers

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
•Honey BBQ/ Spicy Chicken Wings •Onion Rings •Fresh Veggie Cup with LF Dip •Fresh Fruit •Assorted 100% Fruit Juice	•Grilled Cheese Sandwich •Creamy Tomato Soup •Steamed Broccoli •Sliced Apples •Assorted 100% Fruit Juice	•Mini Corn Dogs •Oven Baked Fries •Mixed Greens Salad with LF Dressing •Chilled Fruit •Cucumber Sticks with FF Dip	**Breakfast for Lunch** •Pancakes •Hash Browns •Assorted 100% Fruit Juice •Sliced Oranges •Belly Bears	•Beef Nachos with Shredded Cheese & Lettuce •Refried Beans •Mini Corn Muffin •Salsa •Fresh Fruit

WEEK 4

Monday	Tuesday	Wednesday	Thursday	Friday
•Whole Grain Reg or Spicy Chicken Tenders •Seasoned Potato Wedges •WG Breadstick •Carrot Coins •Veggie Apple Slaw •Seedless Grapes	•Chicken and Waffles •Steamed Green Beans •Assorted 100% Fruit Juice •Pineapple Tidbits •Chickpea Salad	•Stuffed Breadsticks with Marinara Sauce •Caesar Side Salad with LF Dressing •Fresh Fruit Cup •Assorted 100% Fruit Juice •Celery Sticks	•Hamburger/ Cheeseburger on Bun •Lettuce, Tomato & Pickle •Oven Baked French Fries •Baby Carrots with LF Dip •Fresh Fruit	**Flex Day** Chef's Choice Menu will be posted on the website and in Cafeterias

ALTERNATIVE

Monday	Tuesday	Wednesday	Thursday	Friday
•Pasta Bar $4.10 •Premade Sandwiches $4.10 •Premade Salad $3.85 •Assorted WG Pizza $3.35	•Premade Sandwiches $4.10 •Premade Salad $3.85 •Assorted WG Pizza $3.35	•Premade Sandwiches $4.10 •Premade Salad $3.85 •Assorted WG Pizza $3.35 •Sushi – a la carte	•Pasta Bar $4.10 •Premade Sandwiches $4.10 •Premade Salad $3.85 •Assorted WG Pizza $3.35	•Pasta Bar $4.10 •Premade Sandwiches $4.10 •Premade Salad $3.85 •Assorted WG Pizza $3.35

Choice of milk available with all meals.

Lunch Meal Calendar

Week One Meal Plan
Week Two Meal Plan
Week Three Meal Plan
Week Four Meal Plan

September '25

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October '25

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November '25

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December '25

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

January '26

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February '26

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March '26

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April '26

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May '26

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June '26

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

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DO YOU KNOW WHAT MAKES UP A SCHOOL LUNCH?

There are 5 components:
- Fruit or 100% Fruit Juice
- Vegetable
- Meat or Meat Alternative
- Grain
- Fluid Milk

A student must take 3 of the 5 components, one of which must be a fruit or vegetable

HOW TO PURCHASE MEALS WWW.EZSCHOOLPAY.COM

RTSD Now Offers EZSchoolPay.com an online payment service for parents, use EZSchoolPay to:

- **Pay for your child's meals**
- **Set up automatic email reminders to tell you when a payment is needed**
- **Make payments for all your children, even if they attend different schools**
- **View your child's cafeteria purchases and get information on foods your child eats at school**

If you choose not to make payments using EZSchoolPay.com, you can still sign up for email reminders of low balance, and it's free of charge.

http://www.ezschoolpay.com

Payments by check/cash are acceptable. Please indicate your student's name and ID number on all checks.

Radnor Township School District

MIDDLE SCHOOL LUNCH MENU

Meal Charging Information:

Our children are our most valuable resource and we want each and every one of them to have a proper lunch. No matter the ability to pay, every single student entering our cafeterias will be offered a qualified reimbursable meal of their choice which must include a fruit or vegetable with no questions asked. They are, however, prohibited from buying any extras — ice cream, chips, and other snacks — but they still get their full lunch when their account is in the negative.

Parents will be notified when their student has a negative lunch balance. Parents are expected to cover the cost of their student's lunches.

These guidelines are essential as a part of the safety net that protects American children from going hungry. Please see the district's food service website (https://www.rtsd.org/Page/22276) for details on the charging policy.

2025-2026 Middle School Menu

For questions please contact:
Tara Andrews
tara.andrews@rtsd.org
610-688-8100 ext. 7132