

# RICHMOND COMMUNITY SCHOOLS

## MIDDLE SCHOOL LUNCH MENU — MARCH 2023

### MONDAY

*Richmond Community Schools  
Will participate in MI Farm to  
School. (\*) = food choice  
utilizing MI based items.*



**Product of Michigan**

### TUESDAY

Each meal includes choice of entrée, milk, one cup of vegetable items and 1/2 cup of fruit items. A fruit or vegetable serving is required with every reimbursable meal. Seasonal fresh fruit selections will include apples, oranges, watermelon, cantaloupe, bananas, pears, grapes, pineapple.

Milk choices include fat free or 1% unflavored, and fat free chocolate or strawberry flavored.

\*Menu Subject to Change Without Notice\*

Nutritional information is available on the Food Service web page of the Richmond Community School District Website.

"USDA is an equal opportunity provider and employer"

### WEDNESDAY

### THURSDAY

### FRIDAY

<p>Richmond Community Schools Will participate in MI Farm to School. (*) = food choice utilizing MI based items.</p>  <p><b>Product of Michigan</b></p>	<p>Each meal includes choice of entrée, milk, one cup of vegetable items and 1/2 cup of fruit items. A fruit or vegetable serving is required with every reimbursable meal. Seasonal fresh fruit selections will include apples, oranges, watermelon, cantaloupe, bananas, pears, grapes, pineapple.</p> <p>Milk choices include fat free or 1% unflavored, and fat free chocolate or strawberry flavored.</p> <p>*Menu Subject to Change Without Notice*</p> <p>Nutritional information is available on the Food Service web page of the Richmond Community School District Website.</p> <p>"USDA is an equal opportunity provider and employer"</p>	<p>1 Chicken Alfredo over Rotini Rotini w/ Beef Meat Sauce Pizza Crunchers Salad w/ Meat &amp; Cheese</p> <p>Steamed Broccoli Romaine Salad Fresh Carrot Sticks Seasonal Fresh Fruit Pineapple Tidbits</p>	<p>2 Lil Caesar Pepperoni Pizza Lil Caesar Cheese Pizza Inside-Out Burger Chicken Sliders Deli Sub</p> <p>Green Beans Romaine Salad Fresh Celery Sticks Seasonal Fresh Fruit* Diced Pears</p>	<p>3 Soft Beef Taco Pepperoni Calzone Chicken Nuggets Strawberry PB&amp;J</p> <p>Refried Beans with Cheese Romaine Salad Fresh Carrot Sticks Seasonal Fresh Fruit Applesauce</p>
<p>6 Chicken &amp; Waffles French Bread Pizza Corn Dog Salad w/ Meat &amp; Cheese</p> <p>Corn Romaine Salad Fresh Carrot Sticks Seasonal Fresh Fruit Mixed Fruit</p>	<p>7 Lil Caesar Pepperoni Pizza Lil Caesar Cheese Pizza Chicken Patty Sandwich Deli Sub Chicken &amp; Rice Soup</p> <p>Carrot Coins Romaine Salad Fresh Celery Sticks Seasonal Fresh Fruit* Diced Peaches</p>	<p>8 Half Day</p> 	<p>9 Half Day</p> 	<p>10 Half Day</p> 
<p>13 Chicken Drumstick w/ Mashed Potatoes &amp; Gravy French Bread Pizza Corn Dog Salad w/ Meat &amp; Cheese</p> <p>Corn Romaine Salad Fresh Carrot Sticks Seasonal Fresh Fruit Mixed Fruit</p>	<p>14 Hot Dog w/ Fries Bosco Sticks Chicken Patty Sandwich Deli Sub Beef Vegetable Soup</p> <p>Carrot Coins Romaine Salad Fresh Celery Sticks Seasonal Fresh Fruit* Diced Peaches</p>	<p>15 Lasagna Rotini w/ Beef Meat Sauce Pizza Crunchers Salad w/ Meat &amp; Cheese</p> <p>Steamed Broccoli Romaine Salad Fresh Carrot Sticks Seasonal Fresh Fruit Pineapple Tidbits</p>	<p>16 Lil Caesar Pepperoni Pizza Lil Caesar Cheese Pizza Inside-Out Burger Chicken Sliders Deli Sub</p> <p>Green Beans Romaine Salad Fresh Celery Sticks Seasonal Fresh Fruit* Diced Pears</p>	<p>17 Walking Taco Pepperoni Calzone Chicken Nuggets Strawberry PB&amp;J</p> <p>Refried Beans with Cheese Romaine Salad Fresh Carrot Sticks Seasonal Fresh Fruit Applesauce</p>
<p>20 Sweet &amp; Sour Chicken over Brown Rice French Bread Pizza Corn Dog Salad w/ Meat &amp; Cheese</p> <p>Carrot Coins Romaine Salad Fresh Carrot Sticks Seasonal Fresh Fruit</p>	<p>21 Breakfast for Lunch Bosco Sticks Chicken Patty Sandwich Deli Sub Chicken &amp; Rice Soup</p> <p>Hash Brown Potato Romaine Salad Fresh Celery Sticks Seasonal Fresh Fruit Diced Peaches</p>	<p>22 Mozzarella Sticks Rotini w/ Beef Meat Sauce Pizza Crunchers Salad w/ Meat &amp; Cheese</p> <p>Steamed Broccoli Romaine Salad Fresh Carrot Sticks Seasonal Fresh Fruit Pineapple Tidbits</p>	<p>23 Lil Caesar Pepperoni Pizza Lil Caesar Cheese Pizza Inside-Out Burger Chicken Sliders Deli Sub</p> <p>California Blend Vegetables Romaine Salad Fresh Celery Sticks Seasonal Fresh Fruit* Diced Pears</p>	<p>24 Nacho Grande Pepperoni Calzone Chicken Nuggets Grape PB&amp;J</p> <p>Refried Beans with Cheese Romaine Salad Fresh Carrot Sticks Seasonal Fresh Fruit Applesauce</p>
<p>27 Popcorn Chicken Bowl French Bread Pizza Corn Dog Salad w/ Meat &amp; Cheese</p> <p>Corn Romaine Salad Fresh Carrot Sticks Seasonal Fresh Fruit Mixed Fruit</p>	<p>28 Build-a-Burger w/ Fries Bosco Sticks Chicken Patty Sandwich Deli Sub Beef Vegetable Soup</p> <p>Carrot Coins Romaine Salad Fresh Celery Sticks Seasonal Fresh Fruit* Diced Peaches</p>	<p>29 Chicken Alfredo over Rotini Rotini w/ Beef Meat Sauce Pizza Crunchers Salad w/ Meat &amp; Cheese</p> <p>Steamed Broccoli Romaine Salad Fresh Carrot Sticks Seasonal Fresh Fruit Pineapple Tidbits</p>	<p>30 Lil Caesar Pepperoni Pizza Lil Caesar Cheese Pizza Inside-Out Burger Chicken Sliders Deli Sub</p> <p>Green Beans Romaine Salad Fresh Celery Sticks Seasonal Fresh Fruit Diced Pears</p>	<p>31 Half Day</p> 