

# RICHMOND COMMUNITY SCHOOLS MIDDLE SCHOOL LUNCH MENU — SEPTEMBER 2023

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

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.

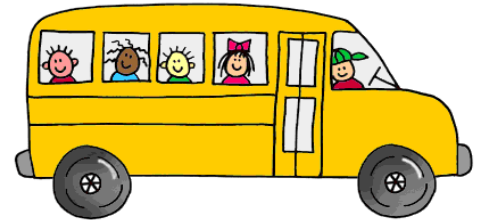
Milk choices include fat free or 1% unflavored or fat free chocolate or strawberry flavored.

\*Menu Subject to Change Without Notice\*

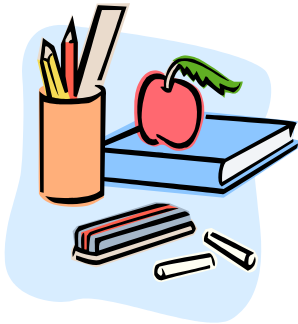
Nutritional information is available on the Food Service web page of the Richmond Community School District Website.



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



4 Labor Day Holiday



5 Half Day  
No Lunches Served



6 Chicken Alfredo  
over Rotini  
Rotini w/ Beef Meat Sauce  
Pizza Crunchers  
Salad w/ Meat & Cheese

Steamed Broccoli  
Romaine Salad  
Fresh Carrot Sticks  
Seasonal Fresh Fruit  
Pineapple Tidbits

7 Lil Caesar Pepperoni Pizza  
Lil Caesar Cheese Pizza  
Inside-Out Burger  
Chicken Sliders  
Deli Sub

Green Beans  
Romaine Salad  
Fresh Celery Sticks  
Seasonal Fresh Fruit

8 Soft Beef Taco  
Pepperoni Calzone  
Chicken Nuggets  
Strawberry PB&J

Refried Beans with  
Cheese  
Romaine Salad  
Fresh Carrot Sticks  
Seasonal Fresh Fruit  
Applesauce

11 Chicken & Waffles  
French Bread Pizza  
Corn Dog  
Salad w/ Meat & Cheese

Corn  
Romaine Salad  
Fresh Carrot Sticks  
Seasonal Fresh Fruit  
Mixed Fruit

12 Chili Cheese Fries  
Bosco Sticks  
Chicken Patty Sandwich  
Deli Sub

Carrot Coins  
Romaine Salad  
Fresh Celery Sticks  
Seasonal Fresh Fruit\*  
Diced Peaches

13 Mac & Cheese  
Rotini w/ Beef Meat Sauce  
Pizza Crunchers  
Salad w/ Meat & Cheese

Steamed Broccoli  
Romaine Salad  
Fresh Carrot Sticks  
Seasonal Fresh Fruit\*  
Pineapple Tidbits

14 Lil Caesar Pepperoni Pizza  
Lil Caesar Cheese Pizza  
Inside-Out Burger  
Chicken Sliders  
Deli Sub

California Blend Vegetables  
Romaine Salad  
Fresh Celery Sticks  
Seasonal Fresh Fruit\*  
Diced Pears



15 Nacho Grande  
Pepperoni Calzone  
Chicken Nuggets  
Grape PB&J

Refried Beans with  
Cheese  
Romaine Salad  
Fresh Carrot Sticks  
Seasonal Fresh Fruit\*  
Applesauce

18 Chicken Drumstick w/  
Mashed Potatoes & Gravy  
French Bread Pizza  
Corn Dog  
Salad w/ Meat & Cheese

Corn  
Romaine Salad  
Fresh Carrot Sticks  
Seasonal Fresh Fruit\*  
Mixed Fruit

19 Hot Dog w/ Fries  
Bosco Sticks  
Chicken Patty Sandwich  
Deli Sub

Carrot Coins  
Romaine Salad  
Fresh Celery Sticks  
Seasonal Fresh Fruit\*  
Diced Peaches

20 Lasagna  
Rotini w/ Beef Meat Sauce  
Pizza Crunchers  
Salad w/ Meat & Cheese

Steamed Broccoli  
Romaine Salad  
Fresh Carrot Sticks  
Seasonal Fresh Fruit\*  
Pineapple Tidbits

21 Lil Caesar Pepperoni Pizza  
Lil Caesar Cheese Pizza  
Inside-Out Burger  
Chicken Sliders  
Deli Sub

Green Beans  
Romaine Salad  
Fresh Celery Sticks  
Seasonal Fresh Fruit\*  
Diced Pears

22 Walking Taco  
Pepperoni Calzone  
Chicken Nuggets  
Strawberry PB&J

Refried Beans with  
Cheese  
Romaine Salad  
Fresh Carrot Sticks  
Seasonal Fresh Fruit\*  
Applesauce

25 Sweet & Sour Chicken  
over  
Brown Rice  
French Bread Pizza  
Corn Dog  
Salad w/ Meat & Cheese

Carrot Coins  
Romaine Salad  
Fresh Carrot Sticks  
Seasonal Fresh Fruit\*  
Mixed Fruit

26 Breakfast for Lunch  
Bosco Sticks  
Chicken Patty Sandwich  
Deli Sub

Hash Brown Potato  
Romaine Salad  
Fresh Celery Sticks  
Seasonal Fresh Fruit\*  
Diced Peaches

27 Rotini w/ Beef Meat Sauce  
Or Marinara  
Pizza Crunchers  
Salad w/ Meat & Cheese

Steamed Broccoli  
Romaine Salad  
Fresh Carrot Sticks  
Seasonal Fresh Fruit\*  
Pineapple Tidbits

28 Lil Caesar Pepperoni Pizza  
Lil Caesar Cheese Pizza  
Inside-Out Burger  
Chicken Sliders  
Deli Sub

California Blend Vegetables  
Romaine Salad  
Fresh Celery Sticks  
Seasonal Fresh Fruit\*  
Diced Pears



29 Nacho Grande  
Pepperoni Calzone  
Chicken Nuggets  
Sandwich & Salad Bar

Refried Beans with  
Cheese  
Romaine Salad  
Fresh Carrot Sticks  
Seasonal Fresh Fruit  
Applesauce