

# Richland School District Middle School Menu December 2018

All meals include a variety of Locally sourced fresh fruits, veggies and salad greens along with toppings and low fat or fat free Milk  
Our menus are aligned with the USDA's Healthy Hunger Free Kids Act

12/3 Teriyaki Beef Dippers Yakisoba Noodles/Rice	12/4 Grilled Cheese Tomato Soup	12/5 Buffalo Chicken Yakisoba Noodles Celery, Carrots	12/6 Penne Pasta Meatball Marinara Garlic Knots	12/7 Bacon Cheeseburger Potato Wedges
12/10 Sweet & Sour Chicken Yakisoba Noodles/Rice	12/11 Fish Street Tacos Crispy Coleslaw Fresh Pico de Gallo	12/12 Baked Potato With Toppings	12/13 Bean & Cheese Enchilada Cilantro Lime Rice	12/14 Meatball Sub Sandwich
12/17 Teriyaki Chicken Yakisoba Noodles/Rice	12/18 Philly Pepper Steak Sub Sandwich Peppers and Onions	12/19 Cheese Ravioli Garlic Bread Sticks	12/20 Turkey Gravy Mashed Potato's Dinner Roll	12/21 Cook's Choice
Winter Break No School	Winter Break No School	Winter Break No School	Winter Break No School	Winter Break No School
	Winter Break No School	Winter Break No School	Winter Break No School	



**Build your own Nachos**  
with whole grain corn chips,  
Taco Meat, Refried Beans and Cheese Sauce

Fresh Toppings: Shredded Lettuce,  
Diced Tomatoes, Olives, Jalapenos  
Sour cream and Salsa



**Available Daily**  
Cheese & Pepperoni

All pizzas feature low fat cheese, low sodium sauce & whole grain crusts.



**Available Daily**

Lean Hamburger or Cheeseburger  
Crispy Chicken Sandwich  
Spicy Chicken Sandwich  
Served with Baked Fries or Tater Tots



**Grab & Go Sandwiches and Salad Choices**

Turkey, Turkey Ham, Tuna & Egg Salad.  
Chicken Caesar, Chef & Veggie Spinach Salads with Breadsticks  
Yogurt, Fruit & Granola Parfait

Breakfast \$1.75,  
Breakfast Reduced is free,  
Lunch \$3.25, Lunch Reduced \$.40,  
Breakfast Adult \$2.50, Lunch Adult \$3.75 Milk \$0.50

"This institution is an equal opportunity provider and employer."

Although Richland School District does not utilize nut products, some items RSD uses are made in facilities that possibly process nuts.

