

# Richland School District Middle School Menu January 2019

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

	1/1 Happy New Year	1/2 No School Winter Break	1/3 No School Winter Break	1/4 No School Winter Break
1/7 Teriyaki Beef Dippers Yakisoba Noodles/Rice	1/8 Grilled Chicken Leg Cheesy Mashed Potatoes/Roll	1/9 Buffalo Hot Chicken And Waffles	1/10 Chicken Taco Soup Cheese Quesadilla	1/11 Bacon Cheeseburger Potato Wedges
1/14 Thai Sweet Chili Chicken Yakisoba Noodles/Rice	1/15 Build to Order Chicken Pho Bowl Steamed Rice	1/16 Hot Dog With Mac & Cheese	1/17 Bean & Cheese Enchilada Cilantro Lime Rice	1/18 Meatball Sub Sandwich
1/21 No School Dr. Martin Luther King Jr. Day	1/22 No School Semester Day	1/23 Cheese Ravioli Garlic Bread Sticks	1/24 Chili and Cinnamon Rolls	1/25 Sriracha Chicken Over Cilantro Lime Rice
1/28 Teriyaki Chicken Yakisoba Noodles/Rice	1/29 French Dip Sandwich	1/30 Lasagna with Garlic Bread Sticks	1/31 Chicken Mashed Potato Bowl Dinner Roll	



**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.

