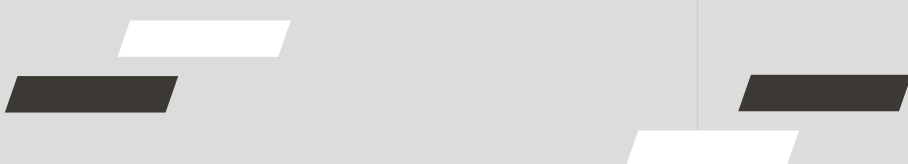


RALLY CAFE

RICHARDS MIDDLE SCHOOL December 2024

NOTES

The fresh fruit & vegetable bar is available daily and is included with all entrée options!
Breakfast & lunch include flavored or unflavored lowfat or fat-free milk.
One complete breakfast and lunch is FREE for all students each day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BKFST: Banana Bread Slice & Blueberry Yogurt Parfait 2 Entree: Fish Tacos w/ Creamy Sriracha Coleslaw Grab n' Go: PBJ Bagel w/ Cheese Stick Pizza: Chicken, Black Bean & Corn Pizza Vegetable: Waffle Fries	BKFST: Country Chicken Biscuit & Strawberry Yogurt Parfait 3 Entree: Chicken Parmesan Flatbread Grab n' Go: Vegetable & Provolone Mediterranean Wrap Pizza: Meatball Pizza Vegetable: Roasted Carrots	BKFST: Strawberry Apple Smoothie & Peach Yogurt Parfait 4 Entree: Korean Meatballs with Rice Grab n' Go: Turkey Ham & Cheese Sub Pizza: Buffalo Blue Chicken Pizza Vegetable: Kickin' Pinto Beans	BKFST: Three Cheese Mexi Breakfast Maple Flatbread & Blueberry Yogurt Parfait 5 Entree: Nacho Cheese Walking Taco Grab n' Go: Make Your Own Pepperoni Pizza Bagel Pizza: Hawaiian Pizza Vegetable: Rainbow Vegetable Blend	BKFST: Vanilla Glazed Donut & Strawberry Yogurt Parfait 6 Entree: Buzzer Beater Basket Grab n' Go: PBJ Bagel w/ Cheese Stick Pizza: Veggie Pizza Vegetable: Steamed Broccoli
BKFST: Cinnamon Biscuit & Blueberry Yogurt Parfait 9 Entree: Chicken Patty Sliders Grab n' Go: PBJ Bagel w/ Cheese Stick Pizza: White Pizza w/ Chicken Sausage Vegetable: Mashed Potatoes w/ Gravy	BKFST: Breakfast Pizza & Strawberry Yogurt Parfait 10 Entree: Turkey Barbacoa Soft Tacos Grab n' Go: Asian Chicken Wrap Pizza: Sweet & Spicy Turkey Ham Pizza Vegetable: Sweet Golden Corn	BKFST: Glazed Cinnamon Roll & Peach Yogurt Parfait 11 Entree: Chicken Dumplings & Egg Fried Rice Grab n' Go: PBJ Bagel w/ Cheese Stick Pizza: Cheeseburger Pizza Vegetable: Edamame	BKFST: Egg, Cheese & Bacon Breakfast Maple Flatbread & Blueberry Yogurt Parfait 12 Entree: French Toast Sticks & Turkey Sausage Patties Grab n' Go: Make Your Own Pepperoni Pizza Bagel Pizza: BBQ Chicken Sriracha Glazed Pizza Vegetable: Green Beans	BKFST: Mixed Berry Scone & Strawberry Yogurt Parfait 13 Entree: Tater Tot Beef Nachos Grab n' Go: PBJ Bagel w/ Cheese Stick Pizza: Jerk Chicken Pizza Vegetable: Sliced Carrots
BKFST: Mini Confetti Pancakes & Blueberry Yogurt Parfait 16 Entree: Mini Chicken Corn Dogs with Macaroni & Cheese Grab n' Go: Italian Sub Pizza: Veggie Pesto Pizza Vegetable: Sweet Golden Corn	BKFST: Chicken Snack Wraps & Strawberry Yogurt Parfait 17 Entree: Pineapple Glazed Turkey Ham & Dinner Roll Grab n' Go: Turkey & Cheese BaBoom Sub Pizza: Spicy Chicken Sausage Pizza Vegetable: Mixed Veggies	BKFST: Cheesy Turkey Sausage, Egg & Tater Tot Taco & Peach Yogurt Parfait 18 Entree: Popcorn Chicken Bowl Grab n' Go: White Bean, Feta & Cucumber Wrap w/ Tzatziki Sauce Pizza: Meat Lover's Pizza Vegetable: Steamed Broccoli	BKFST: Mini Turkey Maple Pancake Bites & Blueberry Yogurt Parfait 19 No Lunch – Half Day	BKFST: Turkey Sausage, Egg & Cheese Bagel & Strawberry Yogurt Parfait 20 No Lunch – Half Day
No School Winter Break 23	No School Winter Break 24	No School Winter Break 25	No School Winter Break 26	No School Winter Break 27
No School Winter Break 30	No School Winter Break 31			

Limited Time Item!