

RALLY CAFE

RICHARDS MIDDLE SCHOOL October 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: Breakfast Pizza & Strawberry Yogurt Parfait 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 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 Entree: French Toast Sticks & Turkey Sausage Patties Grab n' Go: Make Your Own Pepperoni Pizza Bagel Pizza: BBQ Chicken Sriracha Glazed Crust Pizza Vegetable: Green Beans	BKFST: Mixed Berry Scone & Strawberry Yogurt Parfait Entree: Tater Tot Beef Nachos Grab n' Go: PBJ Bagel w/ Cheese Stick Pizza: Beef Mexican Pizza Vegetable: Sliced Carrots
BKFST: Mini Confetti Pancakes & Blueberry Yogurt Parfait Entree: Mini Chicken Corn Dogs with Macaroni & Cheese Grab n' Go: Italian Sub Pizza: Veggie Pesto Pizza Vegetable: French Fries	BKFST: Chicken Snack Wraps & Strawberry Yogurt Parfait Entree: Chicken Tikka Masala Bowl w/ Ripstick 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 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 No Lunch – Half Day	BKFST: Turkey Sausage, Egg & Cheese Bagel & Strawberry Yogurt Parfait Entree: Cheesy Baked Penne w/ Cheese Filled Breadstick Grab n' Go: Tuna Salad Sandwich Pizza: Chicken & Pepper Popper Pizza Vegetable: Rainbow Vegetable Blend
BKFST: Blueberry Bread Slice & Blueberry Yogurt Parfait Entree: Crispy Fish Sandwich Grab n' Go: PBJ Bagel w/ Cheese Stick Pizza: Taco Pizza Vegetable: Green Beans	BKFST: French Toast Sticks & Strawberry Yogurt Parfait Entree: Kickin' Bean & Beef Tortilla Bowl w/ Tostitos Scoops Grab n' Go: Make Your Own Pepperoni Pizza Bagel Pizza: Greek Chicken Pizza Vegetable: Roasted Baby Carrots	BKFST: Turkey Sausage, Egg & Cheese Breakfast Burrito & Peach Yogurt Parfait Entree: Chicken Tenders w/ Rice & Peanut Thai Sate Sauce Grab n' Go: Santa Fe Turkey Wrap Pizza: Buffalo Roasted Cauliflower & Chicken Pizza Vegetable: Roasted Baby Carrots	BKFST: Three Cheese Mexi Breakfast Maple Flatbread & Blueberry Yogurt Parfait Entree: Cheesy Chorizo Enchilada Baked Grab n' Go: PBJ Bagel w/ Cheese Stick Pizza: Fully Loaded Pizza Vegetable: Sweet Golden Corn	BKFST: Mini Chicken Sausage Pancake Bites & Strawberry Yogurt Parfait Entree: Buffalo Popcorn Chicken Mac n' Cheese Grab n' Go: Italian Style Wrap Pizza: Chili Lime & Beef Pizza Vegetable: Steamed Broccoli
BKFST: Egg Bagel & Blueberry Yogurt Parfait Entree: Popcorn Chicken w/ LoMein Noodles Grab n' Go: Chicken, Garbanzo & Feta Wrap Pizza: Vegetarian Greek Pizza Vegetable: Steamed Broccoli	BKFST: Bosco Cheese Stick & Strawberry Yogurt Parfait Entree: Beef, Chili & Cheese Fritos Walking Taco Grab n' Go: Curry Apple Chicken Salad Sub Pizza: Cheeseburger Pizza Vegetable: Mixed Vegetables	BKFST: Cinnamon Chip Scone & Peach Yogurt Parfait Entree: General Tso Chicken w/ Rice Grab n' Go: Turkey & Cheese Wrap Pizza: Chicken Mac n' Cheese Pizza Vegetable: Roasted Carrots	BKFST: Breakfast Pizza & Blueberry Yogurt Parfait Entree: Waffles & Turkey Sausage Links Grab n' Go: Roasted Vegetable Sub Pizza: Broccoli, Pepper & Onion Pizza Vegetable: Warm Cinnamon Peaches	BKFST: Powdered Sugar Mini Donuts & Strawberry Yogurt Parfait Entree: Jerk Chicken & Cheddar Flatbread Grab n' Go: PBJ Bagel w/ Cheese Stick Pizza: White Pizza w/ Chicken Sausage Vegetable: Roasted Cauliflower
BKFST: Banana Bread Slice & Blueberry Yogurt Parfait 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 Entree: Chicken Parmesan Flatbread Grab n' Go: Vegetable & Provolone Mediterranean Wrap Pizza: Meatball Pizza Vegetable: Roasted Carrots	BKFST: Strawberry Apple Smoothie & Peach Yogurt Parfait Entree: Korean Meatballs with Rice Grab n' Go: Turkey Ham & Cheese Sub Pizza: Buffalo Blue Chicken Pizza Vegetable: Steamed Broccoli	BKFST: Three Cheese Mexi Breakfast Maple Flatbread & Blueberry Yogurt Parfait No Lunch – Early Release Day	

National School Lunch Week!

Limited Time Item!

Walking Taco Tuesday!