



RICHARDS MIDDLE SCHOOL

May 2025

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
			BKFAST: Egg, Cheese & Bacon Breakfast Maple Flatbread & Blueberry Yogurt Parfait Entrée: French Toast Sticks & Turkey Sausage Patties Grab n' Go: Make Your Own Pepperoni Pizza Bagel Pizza: BBQ Chicken Sriracha Glazed Pizza Vegetable: Green Beans	BKFAST: Mixed Berry Scone & Strawberry Yogurt Parfait Entrée: Tater Tot Beef Nachos Grab n' Go: PBJ Bagel w/ Cheese Stick Pizza: Beef Mexican Pizza Vegetable: Sliced Carrots
BKFAST: Mini Confetti Pancakes Entrée: Mini Corn Dogs w/ Macaroni & Cheese Grab n' Go: Italian Sub Pizza: Veggie Pesto Pizza Vegetable: Sweet Golden Corn	BKFAST: Chicken Snack Wraps & Strawberry Yogurt Parfait Entrée: Meatloaf w/ Gravy & Dinner Roll Grab n' Go: Turkey & Cheese BaBoom Sub Pizza: Spicy Chicken Sausage Pizza Vegetable: Mixed Veggies	BKFAST: Cheesy Turkey Sausage, Egg & Tater Tot Taco & Peach Yogurt Parfait Entrée: Sloppy Joe Sandwich Grab n' Go: White Bean, Feta & Cucumber Wrap w/ Tzatziki Sauce Pizza: Meat Lover's Pizza Vegetable: Steamed Broccoli	BKFAST: Mini Turkey Maple Pancake Bites & Blueberry Yogurt Parfait No Lunch – Early Release	BKFAST: Turkey Sausage, Egg & Cheese Bagel & Strawberry Yogurt Parfait Entrée: Cheesy Baked Penne w/ Cheese Filled Breadstick Grab n' Go: Tuna Salad Sandwich Pizza: Chicken & Pepper Popper Pizza Vegetable: Rainbow Vegetable Blend
BKFAST: Blueberry Bread Slice & Blueberry Yogurt Parfait Entrée: Bosco Cheese Sticks & Marinara Sauce Grab n' Go: PBJ Bagel w/ Cheese Stick Pizza: Taco Pizza Vegetable: Green Beans	BKFAST: French Toast Sticks & Strawberry Yogurt Parfait Entrée: Grilled Cheese & Tomato Soup Grab n' Go: Make Your Own Pepperoni Pizza Bagel Pizza: Greek Chicken Pizza Vegetable: Roasted Baby Carrots	BKFAST: Turkey Sausage, Egg & Cheese Breakfast Burrito & Peach Yogurt Parfait Test Kitchen: Mojo Chicken Bowl Grab n' Go: Santa Fe Turkey Wrap Pizza: Buffalo Roasted Cauliflower & Chicken Pizza Vegetable: Mixed Vegetables	BKFAST: Three Cheese Mexi Flatbread & Blueberry Yogurt Parfait No Lunch – Early Release	BKFAST: Mini Chicken Sausage Pancake Bites & Strawberry Yogurt Parfait Entrée: Buzzer Beater Basket Grab n' Go: Italian Style Wrap Pizza: Chili Lime & Beef Pizza Vegetable: Steamed Broccoli
BKFAST: Egg Bagel & Blueberry Yogurt Parfait Entrée: Popcorn Chicken w/ Lo Mein Noodles Grab n' Go: Turkey & Cheese Wrap Pizza: Vegetarian Greek Pizza Vegetable: Steamed Broccoli	BKFAST: Bosco Cheese Stick & Strawberry Yogurt Parfait Entrée: Chicken Alfredo w/ Breadstick Grab n' Go: Curry Apple Chicken Salad Pizza: Cheeseburger Pizza Vegetable: Mixed Vegetables	BKFAST: Cinnamon Chip Scone & Peach Yogurt Parfait Entrée: General Tso Chicken w/ Rice Grab n' Go: Chicken, Garbanzo & Feta Wrap Turkey & Cheese Wrap Pizza: Mac n' Cheese Pizza w/ Chicken Vegetable: Roasted Carrots	BKFAST: Breakfast Pizza & Blueberry Yogurt Parfait Entrée: Waffles & Turkey Sausage Links Grab n' Go: Roasted Vegetable Sub Pizza: Broccoli, Pepper & Onion Pizza Vegetable: Warm Cinnamon Peaches	No School Memorial Day
No School Memorial Day	BKFAST: Country Chicken Biscuit & Strawberry Yogurt Parfait Entrée: Korean Meatballs w/ Rice Grab n' Go: Vegetable & Provolone Mediterranean Wrap Pizza: Meatball Pizza Vegetable: Roasted Carrots	BKFAST: Strawberry Apple Smoothie & Peach Yogurt Parfait Entrée: Backyard Burger Grab n' Go: Turkey Ham & Cheese Sub Pizza: Cheeseburger Pizza Vegetable: Kickin' Pinto Beans	BKFAST: Three Cheese Mexi Breakfast Maple Flatbread & Blueberry Yogurt Parfait Entrée: Nacho Cheese Walking Taco Grab n' Go: Make Your Own Pepperoni Pizza Bagel Pizza: Hawaiian Pizza Vegetable: Rainbow Vegetable Blend	BKFAST: Vanilla Glazed Donut & Strawberry Yogurt Parfait Entrée: Spaghetti & Meatballs w/ Breadstick Grab n' Go: PBJ Bagel w/ Cheese Stick Pizza: Veggie Pizza Vegetable: Steamed Broccoli