

RALLY CAFE

RICHARDS MIDDLE SCHOOL April 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
	BKFST: Chicken Snack Wraps & Strawberry Yogurt Parfait 1 Entrée: Meatloaf w/ Gravy & 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 2 Entrée: 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 3 Entrée: Breakfast Burrito with Turkey Sausage, Egg & Cheese Grab n' Go: PBJ Bagel w/ Cheese Stick Pizza: Hawaiian Pizza Vegetable: Sliced Carrots	BKFST: Turkey Sausage, Egg & Cheese Bagel & Strawberry Yogurt Parfait 4 Entrée: 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 7 Entrée: Bosco Cheese Sticks & Marinara Sauce Grab n' Go: PBJ Bagel w/ Cheese Stick Pizza: Taco Pizza Vegetable: Green Beans	BKFST: French Toast Sticks & Strawberry Yogurt Parfait 8 Entrée: Turkey & Apple Melt 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 9 Entrée: Sloppy Joe Sandwich Grab n' Go: Santa Fe Turkey Wrap Pizza: Buffalo Roasted Cauliflower & Chicken Pizza Vegetable: Roasted Baby Carrots	BKFST: Three Cheese Mexi Flatbread & Blueberry Yogurt Parfait 10 Entrée: Beef, Chili & Cheese Fritos Walking Taco Grab n' Go: Make Your Own Pepperoni Pizza Bagel Pizza: Greek Chicken Pizza Vegetable: Roasted Baby Carrots	BKFST: Mini Chicken Sausage Pancake Bites & Strawberry Yogurt Parfait 11 Entrée: Crispy Fish Sandwich Grab n' Go: Italian Style Wrap Pizza: Chili Lime & Beef Pizza Vegetable: Steamed Broccoli
BKFST: Egg Bagel & Blueberry Yogurt Parfait 14 Entrée: Popcorn Chicken w/ Lo Mein Noodles Grab n' Go: Turkey & Cheese Wrap Pizza: Vegetarian Greek Pizza Vegetable: Steamed Broccoli	BKFST: Bosco Cheese Stick & Strawberry Yogurt Parfait 15 No Lunch – Early Release	BKFST: Cinnamon Chip Scone & Peach Yogurt Parfait 16 Entrée: General Tso Chicken w/ Rice Grab n' Go: Chicken, Garbanzo & Feta Wrap Pizza: Mac n' Cheese Pizza w/ Chicken Vegetable: Roasted Carrots	BKFST: Breakfast Pizza & Blueberry Yogurt Parfait 17 Entrée: Waffles & Turkey Sausage Links Grab n' Go: Roasted Vegetable Sub Pizza: Broccoli, Pepper & Onion Pizza Vegetable: Warm Cinnamon Peaches	No School Good Friday 18
BKFST: Banana Bread Slice & Blueberry Yogurt Parfait 21 Entrée: 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 22 Entrée: Veggie Burger Grab n' Go: Vegetable & Provolone Mediterranean Wrap Pizza: Meatball Pizza Vegetable: Roasted Carrots	BKFST: Strawberry Apple Smoothie & Peach Yogurt Parfait 23 Entrée: Korean Meatballs w/ 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 24 Entrée: 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 25 Entrée: Spaghetti & Meatballs w/ Breadstick Grab n' Go: PBJ Bagel w/ Cheese Stick Pizza: Veggie Pizza Vegetable: Steamed Broccoli
BKFST: Cinnamon Biscuit & Blueberry Yogurt Parfait 28 Entrée: 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 29 Entrée: 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 30 Entrée: Chicken Dumplings w/ Egg Fried Rice Grab n' Go: PBJ Bagel w/ Cheese Stick Pizza: Cheeseburger Pizza Vegetable: Edamame		