



Available
Daily

PB & J Sandwich

Grilled Cheese
Sandwich

Deli Sub Sandwich
(Turkey or Tuna)
with Baked Chips

Chicken Caesar
Salad with
a Breadstick

All bread, rice,
pasta & dessert
items served are
made with
whole grains!

Middle School Lunch Menu

Mon

Regular or Spicy Chicken Sandwich & Tater Tots
Cheeseburger Deluxe & Tater Tots
Stuffed Cheese Breadsticks & Marinara Sauce
Meatless Monday - Pasta Dish, Breadstick & a Cookie

Tues

Hamburger or Cheeseburger & Oven Baked Fries
BBQ Beef Rib Sandwich & Oven Baked Fries
Chicken Nuggets or Smackers, Oven Baked Fries & a Roll
Taco Tuesday - Tacos, Burritos & More with Rice & Beans

Wed

Regular or Spicy Chicken Sandwich & Tater Tots
Cheeseburger Deluxe & Tater Tots
Orange or Teriyaki Chicken & Brown Rice
Brunch for Lunch Wednesday - Breakfast Favorites & Beef Sausages

Thur

Hamburger or Cheeseburger & Oven Baked Fries
Blazin' Buffalo Calzone & Oven Baked Fries
Mini Chicken Corn Dogs or Hot Dog & Oven Baked Fries
American Thursday - Baked Chicken Drumstick, Mashed Potatoes & a Biscuit

Fri

Regular or Spicy Chicken Sandwich & Tater Tots
Pizza Friday - Smart Slice, Cheese or Pepperoni

All Meals
Include

Unlimited fresh fruit
& vegetables from
the salad bar

Choice of nonfat
chocolate milk or
low-fat white milk
& bottled water

\$4.00
Reduced: \$0.40
Free: to qualifying
students

Students must take a
1/2 cup of fruit or
vegetable

*Menu subject to
change



RBUSD NUTRITION SERVICES

*Prepay for your student's meal account online at myschoolbucks.com.

This institution is an equal opportunity provider.