



**Available  
Daily**

PB & J Sandwich

Grilled Cheese  
Sandwich

Deli Turkey Sub  
with Baked Chips

Entree Salad  
(Chicken Caesar or  
Chinese Chicken)  
with a Roll

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

# Middle School Lunch Menu

**Mon**

Regular or Spicy Chicken Sandwich & Tater Tots  
Cheese or Pepperoni Calzone

Meatless Monday - Mac & Cheese, Breadstick & a Cookie

**Tues**

Hamburger or Cheeseburger & Potato Wedges

Chicken Nuggets, Potato Wedges & a Roll

Taco Tuesday - BYO Chicken Fajita Tacos, Rice & Beans

**Wed**

Regular or Spicy Chicken Sandwich & Tater Tots

Orange or Teriyaki Chicken & Brown Rice

Brunch for Lunch Wednesday - French Toast & Beef Sausages

**Thur**

Hamburger or Cheeseburger & Potato Wedges

Mini Chicken Corn Dogs & Potato Wedges

American Thursday - Baked Chicken Drumstick, Mashed Potatoes & a Roll

**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](http://myschoolbucks.com).

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