



# RAYTOWN QUALITY SCHOOL DISTRICT

## AUGUST

### MIDDLE SCHOOL LUNCH MENU

Build a Healthy Lunch



Beverages Offered Daily: White Skim Milk, Chocolate Skim Milk, Strawberry Skim Milk, 100% Fruit Juice

Available daily: Deli Sandwich or Chef Salad & Roll Alternate meal: PB Sandwich, vegetable, fruit and milk

Revised: 8/1/17

MONDAY	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
	<p><b>MEAL PRICES</b>            Reduced Pay \$0.40            Full Pay \$2.25            Adult \$2.85            Milk \$0.45</p> <p>Ala carte menu and pricing available at raytownschools.org</p>		<p>We offer  <b>seconds</b>  <b>on fruits and vegetables</b>  <b>upon request.</b></p> <p>We reserve the right to make substitutions to the menu.</p>	
MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
		<p style="text-align: center;"><b>WELCOME BACK!</b></p>		
MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
		<p><b>May Choose:</b>            Fiesta Pizza            Chicken Sandwich            Meatball Sub</p> <p><b>May Choose:</b>            Corn            Pears</p>	<p><b>May Choose:</b>            Spicy Chicken Nuggets &amp; Garlic Toast            Fish Taco            Pulled Pork Sandwich</p> <p><b>May Choose:</b>            Fresh Baby Carrots            Applesauce</p>	<p><b>May Choose:</b>            Honey Sriracha Chicken and Rice            Sloppy Joe            Southwest Chicken Salad</p> <p><b>May Choose:</b>            Steamed Broccoli            Pineapple</p>
MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
<p><b>May Choose:</b>            Chicken Poppers &amp; Roll            Cajun Dirty Rice &amp; Roll            Cheeseburger</p> <p><b>May Choose:</b>            Oven Roasted Sweet Potatoes            Mixed Fruit</p>	<p><b>May Choose:</b>            Spicy Taco Pasta            Turkey Corndog            BBQ Chicken Sandwich</p> <p><b>May Choose:</b>            Raytown Red Beans            Peaches</p>	<p><b>May Choose:</b>            Beef and Bean Burrito            Breakfast Sandwich            Spicy Chicken Sandwich</p> <p><b>May Choose:</b>            Potato Wedges            Fresh Grapes</p>	<p><b>May Choose:</b>            Tangerine Chicken and Rice            Frito Pie            Beef Tenders and Roll</p> <p><b>May Choose:</b>            Garden Salad            Pears</p>	<p><b>May Choose:</b>            Chicken Alfredo &amp; Garlic Toast            Meatloaf and Garlic Toast            Pepperoni Pizza</p> <p><b>May Choose:</b>            Steamed Broccoli            Strawberries</p>
MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	FRIDAY Sept 1
<p><b>May Choose:</b>            Turkey Hotdog            Cheeseburger            Sandwich Wrap</p> <p><b>May Choose:</b>            Baked Beans            Pears</p>	<p><b>May Choose:</b>            Spicy Chicken Nuggets &amp; Roll            Country Fried Steak Sandwich            PBJ Sandwich</p> <p><b>May Choose:</b>            Steamed Broccoli            Pineapple</p>	<p><b>May Choose:</b>            Turkey Sausage Pizza            Beef Soft Taco            Chicken Sandwich</p> <p><b>May Choose:</b>            Glazed Carrots            Fresh Apple</p>	<p><b>May Choose:</b>            Jacked Burger            Italian Chicken &amp; Garlic Toast            Fish Sandwich</p> <p><b>May Choose:</b>            Fresh Peas            Peaches</p>	<p><b>May Choose:</b>            Chicken Quesadilla            Lasagna and Roll            Philly Beef Sandwich</p> <p><b>May Choose:</b>            Green Beans            Mixed Fruit</p>

"This institution is an equal opportunity provider."