

## SEPTEMBER 2025 – LUNCH MIDDLE SCHOOLS

\*Assorted milk and lactose free milk is served daily.  
All students in Richmond County eat at no cost.

Offer Vs Serve – Must have 3 different components, at least ½ cup fruit or vegetable. May have meat and grain, 2 veggies, 2 fruits, milk.

This institution is an equal opportunity provider.

The menu is subject to change due to product availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  HAPPY LABOR DAY! 	2  BBQ Nacho Mama's Nachos Cheesy Pizza *Oven Fried Chicken w/ Roll Curly Fries/Mexican Street Corn/Asst Fresh Fruit/Strawberry Delight	3  *Buffalo Chicken Dip w/ Chips Fiesta Flatbread Yogurt and Muffin Tray Sweet Potato Fries/Seasoned Green Beans/Fresh Melon/Asst Flavor Applesauce	4  Baked Spaghetti Bento Box Corny Dog Fresh Veggies w/Dip/ Tater Tots/*Harvest of the Month Apples/Rosy Pears	5  Friday Fish Tacos *Southern Chicken Filet Sandwich PBJ Sandwich Honey Glazed Carrots/Sautéed Cabbage/ Asst Fresh Fruit/Chilled Fruit Cup/Choco Chip Cookie
8  Chicken & Rice Casserole Hamburger w. Fixins Zesty Cheese and Chips Popeye's Spinach Salad/Seasoned Corn/Asst Fresh Fruit/Chilled Mixed Fruit	9  Fiesta Hamburger Mac Bake Yogurt and Muffin Tray Pepperoni Pizza *Seasoned Tomato Slices/Bufalo Cauliflower/Chilled Grapes/Sidekicks Frozen Treats	10  Sweet and Sour Meatballs BBQ Pork Sandwich PBJ Sandwich Baked Beans/Coleslaw/Asst Fresh Fruit/*Blueberry Delight	11  Chili w. Cornbread *Southern Chicken Filet Sandwich Bento Box Baked Potato/Steamed Broccoli/*Harvest of the Month Apples/Chilled Peaches	12  Fish Nuggets w. Roll *Chicken Salad on Croissant Garlic Cheese Pizza Seasoned Fries/Mexican Pickled Carrots/Asst Fresh Fruit; Chilled Fruit Cup/Sugar Cookies
15  Baked Penne w/ Roll Mighty Meaty Pizza Yogurt and Muffin Tray Crisp Garden Salad/Roasted Baby Carrots/Orange Smiles/Chilled Pears	16  Taco Salad *Kickin' Chicken Sandwich Cheese Quesadilla Steamed Corn/Black Bean Salad/Asst Flavor Applesauce/*Blueberry Cobbler	17  Hot Italian Sub Manager's Choice Mini Chicken Bites w/ Breadstick *Cucumber & Tomato Salad/Crinkle Fries/Asst Fresh Fruit/Strawberry Delight	18  Country Fried Steak, Gravy w/ Roll Grilled Cheese Sandwich Texas Taco Fries Squash Casserole/Steamed Broccoli/*Harvest of the Month Apples/Cool Tropic Slush	19  Fish Filet Sandwich BBQ Chicken w/ Roll PBJ Sandwich Baby Carrots w. Dip/Seasoned Green Beans/Asst Fresh Fruit/Chilled Fruit Cup
22  Savory Pizza Bites w/Marinara Hot Diggity Dog *Chicken Tenders w. Breadstick Garden Salad/Pinto Beans/Orange Smiles/Cool Tropic Slush	23  BBQ Nacho Mama's Nachos Cheesy Pizza *Oven Fried Chicken w. Roll Curly Fries/Mexican Street Corn/Asst Fresh Fruit/Strawberry Delight	24  *Buffalo Chicken Dip w/ Chips Fiesta Flatbread Yogurt and Muffin Tray Sweet Potato Fries/Seasoned Green Beans/Fresh Melon/Asst Flavor Applesauce	25  Baked Spaghetti Bento Box Corny Dog Fresh Veggies w/Dip/ Tater Tots/*Harvest of the Month Apples/Rosy Pears	26  Friday Fish Tacos *Southern Chicken Filet Sandwich PBJ Sandwich Honey Glazed Carrots/Sautéed Cabbage/ Asst Fresh Fruit/Chilled Fruit Cup/Choco Chip Cookie
29  Chicken & Rice Casserole Hamburger w. Fixins Zesty Cheese and Chips Popeye's Spinach Salad/Seasoned Corn/Asst Fresh Fruit/Chilled Mixed Fruit	30  Fiesta Hamburger Mac Bake Yogurt and Muffin Tray Pepperoni Pizza *Seasoned Tomato Slices/Bufalo Cauliflower/Chilled Grapes/Sidekicks Frozen Treats	Vegetarian options offered daily.	Learn more about Richmond County's Wellness Policy plans & how to participate at <a href="https://rcboe.org">Nutrition Services / Wellness Policy (rcboe.org)</a>	*Georgia-grown and locally sourced products and ingredients are offered regularly