Windows 7 RDC Keyboard Shortcuts	
Alt+Page Up	Move between programs from left to right.
Alt+Page Down	Move between programs from right to left.
Alt+Insert	Cycle through programs in the order that they were started in.
Alt+Home	Display the Start menu.
Ctrl+Alt+Break	Switch between a window and full screen.
Ctrl+Alt+End	Display the Windows Security dialog box.
Alt+Delete	Display the system menu.
Ctrl+Alt+Minus Sign (-) on the numeric keypad	Place a copy of the active window, within the client, on the Terminal server clipboard (provides the same functionality as pressing Alt+PrtScn on a local computer).
Ctrl+Alt+Plus Sign (+) on the numeric keypad	Place a copy of the entire client window area on the Terminal server clipboard (provides the same functionality as pressing PrtScn on a local computer).
Ctrl+Alt+Right Arrow	"Tab" out of the Remote Desktop controls to a control in the host program (for example, a button or a text box). Useful when the Remote Desktop controls are embedded in another (host) program.
Ctrl+Alt+Left Arrow	"Tab" out of the Remote Desktop controls to a control in the host program (for example, a button or a text box). Useful when the Remote Desktop controls are embedded in another (host) program.

Visit http://www.shortcutmania.com/ for more printable keyboard shortcuts