


Elementary

2022

Week 1 Meat/Meat Alt. & Grain	Monday October 3	Tuesday October 4	Wednesday October 5	Thursday October 6	Friday October 7
Entrée Choice 1 Option 1: or Option 2:	RPS Burger w./ or w/o Cheese on WG Bun	Beef Hotdog w./ WG Bun		<u>RPS Dumpling Day</u> Chicken and Asian Dumplings	Big Daddy Pizza or -Spicy or Regular Chicken Patty on Bun
	-Chef Salad w./ Baked Sun Chips & WG Muffin	--Chef Salad w./ Baked Sun Chips & WG Muffin		-Chef Salad w./ Baked Sun Chips & WG Muffin	Chef Salad w/Baked Sun Chips & WG Muffin
Vegetable: Choose 1 or 2	-Baked Beans -Pickle Spears/Tom/Lettuce Cup	Oven Baked Fries -Fresh Baby Carrots w./ LF Ranch Dip -Toss Garden Salad		- Corn -Broccoli	- Seasoned Broccoli - Toss Garden Salad
Fruit: Choose 1 or 2	-Fresh Apple -Frozen Peach Cup	-Fresh Orange -100% Fruit Juice		-Fresh Fruit in Season -100% Fruit Juice	- Fresh Orange -100% Fruit Juice
Milk Choose 1	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim		-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim

“This institution is an equal opportunity provider.”

Elementary

2022

Week 2	October 10	October 11	October 12	October 13	October 14
Meat/Meat Alt. & Grain Entrée Choice 1 Option 1: or Option 2:	Chicken Patty on Bun	Mac and Cheese w/ Meatballs	Beef Taco w/ Soft Shell	<u>Breakfast for Lunch</u> Turkey Sausage French Toast Sticks	Pizza Dippers w./ Marinara Dipping Sauce
	--Chef Salad w./ Baked Sun Chips & WG Muffin	--Chef Salad w./ Baked Sun Chips & WG Muffin	-Chef Salad w./ Baked Sun Chips & WG Muffin	-Chef Salad w./ Baked Sun Chips & WG Muffin	-Chef Salad w./ Baked Sun Chips & WG Muffin
Vegetable: Choose 1 or 2	-Oven Baked Fries --Green Peas	Steamed Broccoli Spears Baby Carrots w/ Ranch Dressing	-Black Bean Fiesta -Shredded Lettuce, Cheese, & Salsa	-Hash Brown Potato Patty -Fresh Baby Carrots w./ LF Ranch Dip	-Seasoned Corn -Grape Tomato & Cucumber Cup w/ LF Ranch Dip
Fruit: Elementary	-Fresh Apple -100% Fruit Juice	-Fresh Peach -100% Fruit Juice	-Fresh Watermelon -Frozen Peach Cup	-Fresh Fruit in Season -100% Fruit Juice	-Fresh Strawberries -Frozen Peach Cup
Milk Choose 1	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim

National School Lunch Week
October 10 - 14, 2022




Elementary

2022

Week 3 Meat/Meat Alt. & Grain	October 17	October 18	October 19	October 20	October 21
Entrée Choice 1 Option 1: Or Option 2:	RPS Burger w./ or w/o Cheese on WG Bun	Penne Pasta with Meat Sauce & WG Breadstick	Chicken Tenders Wrap and Dip	Philly Cheese Steak on WG Sub Roll	Big Daddy's Pizza
	-Chef Salad w./ Baked Sun Chips & WG Muffin	--Chef Salad w./ Baked Sun Chips & WG Muffin	-Chef Salad w./ Baked Sun Chips & WG Muffin	-Chef Salad w./ Baked Sun Chips & WG Muffin	-Chef Salad w./ Baked Sun Chips & WG Muffin
Vegetable: Choose 1 or 2	-Baked Beans -Pickle Spears/Tom/Lettuce Cup	-Seasoned Broccoli -Toss Garden Salad	-Black Beans Fiesta - Pickle Spears/Tom/Lettuce Cup	-Oven Baked Fries -Fresh Baby Carrots w./ LF Ranch Dip	- Corn on Cob -Spring Mix Salad
Fruit: Elementary Choose 1	-Fresh Apple -Frozen Peach Cup	-Fresh Orange -100% Fruit Juice	-Fresh Watermelon -Frozen Peach Cup	-Fresh Fruit in Season -100% Fruit Juice	-Fresh Strawberries -Frozen Peach Cup
Milk Choose 1	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim

Elementary

2022

	October 24	October 25	October 26	October 27	October 28
Week 4 Meat/Meat Alt. & Grain Entrée Choice 1 Option 1: Or Option 2:		RPS Burger w./ or w/o Cheese on WG Bun	Chicken Patty on Bun	Corn Dogs	Big Daddy's Pizza
Vegetable: Choose 1 or 2		--Chef Salad w./ Baked Sun Chips & WG Muffin	-Chef Salad w./ Baked Sun Chips & WG Muffin	-Chef Salad w./ Baked Sun Chips & WG Muffin	-Chef Salad w./ Baked Sun Chips & WG Muffin
Fruit: Elementary		-Baked Beans -Pickle Spears/Tom/Lettuce Cup	-Black Bean Fiesta -Shredded Lettuce, Cheese & Salsa	-Oven Baked Fries -Baby Carrots w./ LF Ranch Dip	-Steamed Corn -Cherry Tomatoes & Cucumber Cup with Ranch Dip
Milk Choose 1		-Fresh Orange -100% Fruit Juice	-Fresh Watermelon -Frozen Peach Cup	-Fresh Fruit in Season -100% Fruit Juice	-Fresh Strawberries -Frozen Peach Cup
		-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim

“This institution is an equal opportunity provider.”

Elementary

2022

Week 5	October 31
Meat/Meat Alt. & Grain	
Entrée Choice 1	Chicken Patty on Bun \
Option 1: Or Option 2:	--Chef Salad w./ Baked Sun Chips & WG Muffin
Vegetable: Choose 1 or 2	--Green Peas -Oven Baked Fries
Fruit: Elementary	-Fresh Apple -100% Fruit Juice
Milk Choose 1	-LF White -FF Chocolate -FF Skim

Elementary

2022

accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
program.intake@usda.gov

This institution is an equal opportunity provider.