


Middle

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 Dumpling	Big Daddy Pizza or -Spicy or Regular Chicken Patty on Bun
	Chicken Patty w./ or w/o Cheese on WG Bun or --Chef Salad w./ Baked Sun Chips & WG Muffin	RPS Burger w./ or w/o Cheese on WG Bun or --Chef Salad w./ Baked Sun Chips & WG Muffin		RPS Burger w./ or w/o Cheese on WG Bun or --Chef Salad w./ Baked Sun Chips & WG Muffin	RPS Burger w./ or w/o Cheese on WG Bun or --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

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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
	RPS Burger w./ or w/o Cheese on WG Bun or --Chef Salad w./ Baked Sun Chips & WG Muffin	RPS Burger w./ or w/o Cheese on WG Bun or --Chef Salad w./ Baked Sun Chips & WG Muffin	RPS Burger w./ or w/o Cheese on WG Bun or --Chef Salad w./ Baked Sun Chips & WG Muffin	RPS Burger w./ or w/o Cheese on WG Bun or --Chef Salad w./ Baked Sun Chips & WG Muffin	RPS Burger w./ or w/o Cheese on WG Bun or --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



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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
	RPS Burger w./ or w/o Cheese on WG Bun or --Chef Salad w./ Baked Sun Chips & WG Muffin	RPS Burger w./ or w/o Cheese on WG Bun or --Chef Salad w./ Baked Sun Chips & WG Muffin	RPS Burger w./ or w/o Cheese on WG Bun or --Chef Salad w./ Baked Sun Chips & WG Muffin	RPS Burger w./ or w/o Cheese on WG Bun or --Chef Salad w./ Baked Sun Chips & WG Muffin	RPS Burger w./ or w/o Cheese on WG Bun or --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

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

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Week 5	October 31	November 1, 2022	November 2, 2022	November 3, 2022	November 4, 2022
Meat/Meat Alt. & Grain Entrée Choice 1 Option 1: <u>Or</u> Option 2:	Mac and Cheese w/ Chicken Tenders	RPS Burger w./ or w/o Cheese on WG Bun	Chicken Patty on Bun	Corn Dogs	Big Daddy's Pizza
	RPS Burger w./ or w/o Cheese on WG Bun or --Chef Salad w./ Baked Sun Chips & WG Muffin	RPS Burger w./ or w/o Cheese on WG Bun or --Chef Salad w./ Baked Sun Chips & WG Muffin	RPS Burger w./ or w/o Cheese on WG Bun or --Chef Salad w./ Baked Sun Chips & WG Muffin	RPS Burger w./ or w/o Cheese on WG Bun or --Chef Salad w./ Baked Sun Chips & WG Muffin	RPS Burger w./ or w/o Cheese on WG Bun or --Chef Salad w./ Baked Sun Chips & WG Muffin
Vegetable: Choose 1 or 2	Steamed Broccoli Spears Baby Carrots w/ Ranch Dressing	-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
Fruit: Elementary	-Fresh Peach -100% Fruit Juice	-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

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Office of the Assistant Secretary for Civil Rights
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2. **fax:**

(833) 256-1665 or (202) 690-7442; or

3. **email:**

program.intake@usda.gov

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