


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 Chees	Beef Hotdog		<u>RPS Dumpling Day</u> Chicken and Asian Dumplings	Big Daddy Pizza
	-Pizza or -Spicy & Regular Chicken Patty on Bun/ WG Bun or -Chef Salad w./ Baked Sun Chips & WG Muffin	-Pizza or -Spicy & Regular Chicken Patty on Bun/ WG Bun or -Chef Salad w./ Baked Sun Chips & WG Muffin		-Pizza or -Spicy & Regular Chicken Patty on Bun/ WG Bun or -Chef Salad w./ Baked Sun Chips & WG Muffin	-Spicy & Regular Chicken Patty on Bun/ 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


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 -Oven Baked Fries	Mac and Cheese w/ Chicken Tenders	Beef Taco w/ Soft Shell	<u>Breakfast for Lunch</u> Turkey Sausage French Toast Sticks	Pizza Dippers w./ Marinara Dipping Sauce
	-Pizza or -Spicy & Regular Chicken Patty on Bun/ WG Bun or --Chef Salad w./ Baked Sun Chips & WG Muffin	-Pizza or -Spicy & Regular Chicken Patty on Bun/ WG Bun or --Chef Salad w./ Baked Sun Chips & WG Muffin	-Pizza or -Spicy & Regular Chicken Patty on Bun/ WG Bun or -Chef Salad w./ Baked Sun Chips & WG Muffin	-Pizza or -Spicy & Regular Chicken Patty on Bun/ WG Bun or -Chef Salad w./ Baked Sun Chips & WG Muffin	-Pizza or -Spicy & Regular Chicken Patty on Bun/ WG Bun or -Chef Salad w./ Baked Sun Chips & WG Muffin
Vegetable: Choose 1 or 2	--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



Week 3 Meat/Meat Alt. & Grain	October 17	October 18	October 19	October 20	October 21
Entrée Choice 1	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
Option 1: Or Option 2:	-Pizza or -Spicy & Regular Chicken Patty on Bun/ WG Bun or --Chef Salad w./ Baked Sun Chips & WG Muffin	-Pizza or -Spicy & Regular Chicken Patty on Bun/ WG Bun or --Chef Salad w./ Baked Sun Chips & WG Muffin	-Pizza or -Spicy & Regular Chicken Patty on Bun/ WG Bun or --Chef Salad w./ Baked Sun Chips & WG Muffin	-Pizza or -Spicy & Regular Chicken Patty on Bun/ WG Bun or --Chef Salad w./ Baked Sun Chips & WG Muffin	-Pizza or -Spicy & Regular Chicken Patty on Bun/ 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
		-Pizza or -Spicy & Regular Chicken Patty on Bun/ WG Bun or --Chef Salad w./ Baked Sun Chips & WG Muffin	-Pizza or -Spicy & Regular Chicken Patty on Bun/ WG Bun or --Chef Salad w./ Baked Sun Chips & WG Muffin	-Pizza or -Spicy & Regular Chicken Patty on Bun/ WG Bun or --Chef Salad w./ Baked Sun Chips & WG Muffin	-Pizza or -Spicy & Regular Chicken Patty on Bun/ WG Bun or --Chef Salad w./ Baked Sun Chips & WG Muffin
Vegetable: Choose 1 or 2		-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 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	

Week 5	October 31	November 1	November 2	November 3	November 4
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
	-Pizza or -Spicy & Regular Chicken Patty on Bun/ WG Bun or --Chef Salad w./ Baked Sun Chips & WG Muffin	-Pizza or -Spicy & Regular Chicken Patty on Bun/ WG Bun or --Chef Salad w./ Baked Sun Chips & WG Muffin	--Pizza or -Spicy & Regular Chicken Patty on Bun/ WG Bun or --Chef Salad w./ Baked Sun Chips & WG Muffin	-Pizza or -Spicy & Regular Chicken Patty on Bun/ WG Bun or --Chef Salad w./ Baked Sun Chips & WG Muffin	-Pizza or -Spicy & Regular Chicken Patty on Bun/ 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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Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
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