


# Pre-K Center Lunch Menu 2022

Week 1	Monday October 3, 2022	Tuesday October 4, 2022	Wednesday October 5, 2022	Thursday October 6, 2022	Friday October 7, 2022
Meat/Meat Alt. & Grain	RPS Burger on WG Bun	Spaghetti w. Meat Sauce & WG Breadstick		Beef and Chees Nachos	Pizza
Vegetable:	-Baked Beans	-Toss Garden Salad		-Seasoned Corn	-Fresh Baby Carrots w./ LF Ranch Dip
Fruit:	-Frozen Peach Cup	-Fresh Orange Wedges		-Fresh Strawberries	
Milk	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim		Low Fat White Unflavored Skim	Low Fat White Unflavored Skim

Week 2	October 10, 2022	October 11, 2022	October 12, 2022	October 13, 2022	October 14, 2022
Meat/Meat Alt. & Grain	Chicken Nuggets	Mac & Cheese & Muffin	Beef Taco w/ Soft Shell Cheese & Salsa	<b>Breakfast for Lunch</b> Turkey Sausage French Toast Sticks	Pizza Dippers w./ Marinara Dipping Sauce
Vegetable:	-Oven Baked Fries	-Seasoned Broccoli	-Black Bean Fiesta	-Hash Brown Potato Patty	-Seasoned Corn
Fruit:	-Frozen Peach Cup	-100% Fruit Juice	-Fresh Watermelon	Apple Slices	
Milk:	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim

*National School Lunch Week  
October 10 - 14, 2022*



# Pre-K Center Lunch Menu


<b>Week 3</b>	<b>Monday</b> October 17, 2022	<b>Tuesday</b> October 18, 2022	<b>Wednesday</b> October 19, 2022	<b>Thursday</b> October 20, 2022	<b>Friday</b> October 21, 2022
<b>Meat/Meat Alt. &amp; Grain</b>	RPS Cheese Burger w/ WG Bun	Penne Pasta with Meat Sauce & WG Breadstick	Chicken Tenders with Ranch Dip	Sun Butter Sandwich/Cheese Stick/Chips	Pizza
<b>Vegetable:</b>	-Baked Beans	-Toss Garden Salad	-Seasoned Broccoli	-Fresh Baby Carrots w./ LF Ranch Dip	-Corn on Cob
<b>Fruit:</b>	-Fresh Apple Slices	-100% Fruit Juice	-Frozen Peach Cup	-100% Fruit Juice	-Fresh Strawberries
<b>Milk</b>	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim
<b>Week 4</b>	<b>October 19, 2022</b>	<b>October 20, 2022</b>	<b>October 21, 2022</b>	<b>October 22, 2022</b>	<b>October 23, 2022</b>
<b>Meat/Meat Alt. &amp; Grain</b>	RPS Hamburger on WG Bun	Meatballs with Brown Gravy over Rice	Chicken Patty on Bun	Hot Turkey and Cheese Croissant	-Big Daddy's Pizza
<b>Vegetable</b>	-Baked Beans	-Toss Garden Salad	-Black Bean Fiesta	-Oven Baked Fries	-Cherry Tomatoes & Cucumber Cup with Ranch Dip
<b>Fruit:</b>	-Frozen Peach Cup	-100% Fruit Juice	-Fresh Watermelon	-100% Fruit Juice	-Fresh Strawberries
<b>Milk:</b>	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim

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# Pre-K Center Lunch Menu

<b>Week 5</b>	<b>Monday</b> October 24, 2022	<b>Tuesday</b> October 25, 2022	<b>Wednesday</b> October 26, 2022	<b>Thursday</b> October 27, 2022	<b>Friday</b> October 28, 2022
<b>Meat/Meat Alt. &amp; Grain</b>		Spaghetti w. Meat Sauce & WG Breadstick	Chicken Patty on Bun	Beef & Cheese Nachos	Pizza
<b>Vegetable:</b>		-Toss Garden Salad	-Oven Baked Fries	-Fiesta Corn	-Fresh Baby Carrots w./ LF Ranch Dip
<b>Fruit:</b>		-Applesauce Cup	-Fresh Watermelon	-100% Fruit Juice	-Fresh Strawberries
<b>Milk:</b>		Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim

<b>Week 6</b>	<b>Monday</b> October 31, 2022				
<b>Meat/Meat Alt. &amp; Grain</b>	RPS Cheese Burger w/ WG Bun				
<b>Vegetable:</b>	-Baked Beans				
<b>Fruit:</b>	Fresh Apple Slices				
<b>Milk:</b>	Low Fat White Unflavored Skim				

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# Pre-K Center Lunch Menu

In 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](mailto:program.intake@usda.gov)

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