

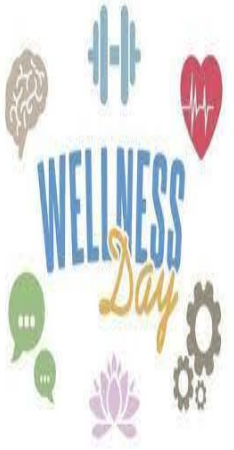
High School

November 2022

Week 1 Meat/Meat Alt. & Grain	Monday October 31	Tuesday November 1	Wednesday November 2	Thursday November 3	Friday November 4
Entrée Choice 1 Option 1: or Option 2:	Chicken Patty on Bun or RPS Burger w./ or w/o Cheese on WG Bun	Mac and Cheese w/ Meatballs or Beef Hotdog w./ WG Bun	Beef Taco w/ Soft Shell	Philly Cheese Steak on WG Sub Roll	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	Chef Salad w/Baked Sun Chips & WG Muffin
Vegetable: Choose 1 or 2	-Baked Beans -Pickle Spears/Tom/Lettuce Cup	Seasoned Green Beans -Fresh Baby Carrots w./ LF Ranch Dip -Toss Garden Salad	Black Bean Fiesta -Shredded Lettuce, Cheese, & Salsa	Oven Baked Fries -Fresh Baby Carrots w./ LF Ranch Dip	- Seasoned Broccoli - Toss Garden Salad
Fruit: Choose 1 or 2	-Fresh Apple -Frozen Peach Cup	-Fresh Orange -100% Fruit Juice	-Fresh Fruit In Season -Frozen Peach Cup	Applesauce -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	-LF White -FF Chocolate -FF Skim

High School

November 2022

Week 2	Monday November 7	Tuesday November 8	Wednesday November 9	Thursday November 10	Friday November 11
Meat/Meat Alt. & Grain	<p>Schools Closed</p>  <p>WELLNESS Day</p>	<p>School Closed</p> <p>for</p> <p>Students</p>	Chicken Patty on Bun Or Chicken Pot Pie	<u>Breakfast for Lunch</u> Turkey Sausage French Toast Sticks or Hot Dog/Corn Dog on Bun	Pizza Dippers w./ Marinara Dipping Sauce Or Chicken Wing Basket/ Butter Biscuit
Entrée Choice 1			-Chef Salad w./ Baked Sun Chips & WG Muffin	-Chef Salad w./ Baked Sun Chips & WG Muffin	-Chef Salad w./ Baked Sun Chips & WG Muffin
Option 1: or Option 2:			Baked Beans -Baby Carrots w./ LF Ranch Dip	-Hash Brown Potato Patty -Fresh Baby Carrots w./ LF Ranch Dip	-Seasoned Corn -Grape Tomato & Cucumber Cup w/ LF Ranch Dip
Vegetable: Choose 1 or 2			Chilled Fruit Cup -Frozen Peach Cup	-Fresh Fruit in Season -100% Fruit Juice	-Fresh Strawberries -Frozen Peach Cup
Fruit: Choose 1 or 2			-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim
Milk Choose 1					

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November 2022

Week 3 Meat/Meat Alt. & Grain	Monday November 14	Tuesday November 15	Wednesday November 16	Thursday November 17	Friday November 18
Entrée Choice 1 Option 1: Or Option 2:	RPS Burger w./ or w/o Cheese on WG Bun Or Orange Chicken/Rice Bowl	Penne Pasta with Meat Sauce & WG Breadstick Or Deli Sandwich Comb/ Chips	Chicken Tenders Wrap and Dip Or Strawberry or Vanilla Parfait Cup	Oven Baked Chicken w/ Stuffing/ Gravy/Cranberry Sauce/ Rolls ***Sweet Potato Pie	Big Daddy's Pizza Or Taco Fiesta Bowl
	-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	Mashed Potatoes Green Beans Baby Carrots	Corn on Cob Spring Mix Salad
Fruit: Choose 1 or 2	-Fresh Apple -Frozen Peach Cup	-Fresh Orange -100% Fruit Juice	-Fresh Watermelon -Frozen Peach Cup	Chilled Fruit Cup 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

Thanksgiving Feast
Thursday, November 17, 2022

High School

November 2022

Week 4 Meat/Meat Alt. & Grain	Monday November 21	Tuesday November 22	Wednesday November 23	Thursday November 24	Friday November 25
Entrée Choice 1 Option 1: <u>Or</u> Option 2:	Chicken Patty on WG Bun Or Chicken Parmesan w/ Pasta/ Bread Stick	RPS Burger w./ or w/o Cheese on WG Bun Or Parfait Cups w/ Granola			
	--Chef Salad w./ Baked Sun Chips & WG Muffin	--Chef Salad w./ Baked Sun Chips & WG Muffin			
Vegetable: Choose 1 or 2	-Green Peas -Oven Baked Fries	-Baked Beans -Pickle Spears/Tom/Lettuce Cup			
Fruit: Elementary	-Fresh Apple -100% Fruit Juice	-Fresh Orange Chilled Fruit Cup			
Milk Choose 1	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim			

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High School

November 2022

Week 5 Meat/Meat Alt. & Grain	Monday November 28	Tuesday November 29	Wednesday November 30	Thursday December 1	Friday December 2
Entrée Choice 1 Option 1: Or Option 2:	Chicken Patty on WG Bun Or Chicken Drumstick/ Muffin	RPS Double Burger w./ or w/o Cheese on WG Bun Or Philly Cheese Steak Sandwich	Fish Sticks w/ Mac & Cheese/Bread Stick or Buffalo Nugget w/ Mac & Cheese/Bread Stick	Salisbury Steak / Brown Gravy/Bread Stick Or Strawberry Parfait w/ Granola	Big Daddy's Pizza Or Beef Nacho's and Black Bean/Rice Bowl
	--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	-Green Peas Mashed Potatoes Tossed Salad	-Baked Beans -Pickle Spears/Tom/Lettuce Cup	Steamed Broccoli Fresh Baby Carrots w./ LF Ranch Dip	Baked Potato/with Sour Cream/Butter cup Green Beans Toss Green Garden Salad	Steamed Corn Fresh Baby Carrots w./ LF Ranch Dip
Fruit: Elementary	-Fresh Apple -100% Fruit Juice	-Fresh Orange Chilled Fruit Cup	-Fresh Strawberries -Frozen Peach Cup	Applesauce Cup -100% Fruit Juice	Frozen Fruit Cup Mandarin Orange 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

High School

November 2022

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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

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