


Pre-K Center Lunch Menu

Week 1	Monday	Tuesday November 1, 2022	Wednesday November 2, 2022	Thursday November 3, 2022	Friday November 4, 2022
Meat/Meat Alt. & Grain	RPS Hamburger on WG Bun	Spaghetti w. Meat Sauce & WG Breadstick	Chicken Tenders with Ranch Dip	Beef and Chees Nachos	Pizza
Vegetable:	-Baked Beans	-Toss Garden Salad	-Seasoned Broccoli	-Seasoned Corn	-Fresh Baby Carrots w./ LF Ranch Dip
Fruit:	-Frozen Peach Cup	-Fresh Orange Wedges	-Fresh Watermelon	-Fresh Strawberries	-100% Fruit Juice
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

Week 2	November 7, 2022	November 8, 2022	November 9, 2022	November 10, 2022	November 11, 2022
Meat/Meat Alt. & Grain	Schools Closed 	Schools Closed for Students	Beef Taco w/ Soft Shell Cheese & Salsa	Breakfast for Lunch Turkey Sausage French Toast Sticks	Pizza Dippers w./ Marinara Dipping Sauce
Vegetable:			-Black Bean Fiesta	-Hash Brown Potato Patty	-Seasoned Corn
Fruit:			-Fresh Watermelon	Apple Slices	
Milk:			Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim

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Pre-K Center Lunch Menu 2022


Week 3	Monday November 14, 2022	Tuesday November 15, 2022	Wednesday November 16, 2022	Thursday November 17, 2022	Friday November 18, 2022
Meat/Meat Alt. & Grain	RPS Cheese Burger w/ WG Bun	Penne Pasta with Meat Sauce & WG Breadstick	Chicken Tenders with Ranch Dip	Oven Baked Chicken w/ Stuffing/ Gravy/Cranberry Sauce/ Rolls ***Sweet Potato Pie	Pizza
Vegetable:	-Baked Beans	-Toss Garden Salad	-Seasoned Broccoli	- Chef Salad w./ Baked Sun Chips & WG Muffin	-Corn on Cob
Fruit:	-Fresh Apple Slices	-100% Fruit Juice	-Frozen Peach Cup	Mashed Potatoes Green Beans Baby Carrots	-Fresh Strawberries
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
Week 4	November 21, 2022	November 22, 2022	November 23, 2022	November 24, 2022	November 25, 2022
Meat/Meat Alt. & Grain	RPS Hamburger on WG Bun	Meatballs with Brown Gravy over Rice			
Vegetable	-Baked Beans	-Toss Garden Salad			
Fruit:	-Frozen Peach Cup	-100% Fruit Juice			
Milk:	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim			

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Pre-K Center Lunch Menu

Week 5	Monday November 28, 2022	Tuesday November 29, 2022	Wednesday November 30, 2022	
Meat/Meat Alt. & Grain	Chicken Patty on WG Bun	Spaghetti w. Meat Sauce & WG Breadstick	Chicken Patty on Bun	 <p><i>Thanksgiving Feast Thursday November 17, 2022</i></p>
Vegetable:	--Chef Salad w./ Baked Sun Chips & WG Muffin	-Toss Garden Salad	-Oven Baked Fries	
Fruit:	-Oven Baked Fries	-Applesauce Cup	-Fresh Watermelon	
Milk:	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	

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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

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