

High School

2022

Week 1 Meat/Meat Alt. & Grain	Monday	Tuesday	Wednesday	Thursday December 1	Friday December 2
Entrée Choice 1 Option 1: or Option 2:	 <p style="text-align: center;">Christmas Dinner Wednesday, December 7, 2022</p>			Philly Cheese Steak On WG Sub Roll or Big Daddy Pizza	Big Daddy Pizza or -Spicy or Regular Chicken Patty on Bun
Vegetable: Choose 1 or 2				-Chef Salad w./ Baked Sun Chips & WG Muffin	Chef Salad w/Baked Sun Chips & WG Muffin
Fruit: Choose 1 or 2				Oven Baked Fries -Fresh Baby Carrots w./ LF Ranch Dip	- Seasoned Broccoli - Toss Garden Salad
Milk Choose 1				Applesauce -100% Fruit Juice	- Fresh Orange -100% Fruit Juice
				-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim

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Week 2	Monday December 5	Tuesday December 6	Wednesday December 7	Thursday December 8	Friday December 9
Meat/Meat Alt. & Grain Entrée Choice 1 Option 1: or Option 2:	RPS Burger w./ or w/o Cheese on WG Bun or Chicken Patty Sandwich	Mac & Cheese with Meatballs & WG Breadstick or Big Daddy Pizza	Oven Baked Chicken w/ Stuffing/ Gravy/Cranberry Sauce/ Rolls or Beef Nachos	<u>Breakfast for Lunch</u> Turkey Sausage French Toast Sticks or Hot Dog/Corn Dog on Bun	Pizza Dippers w./ Marinara Dipping Sauce
	-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	Mashed Potatoes Green Beans Baby Carrots	-Hash Brown Potato Patty -Fresh Baby Carrots w./ LF Ranch Dip	-Seasoned Corn -Grape Tomato & Cucumber Cup w/ LF Ranch Dip
Fruit: Choose 1 or 2	-Fresh Apple -Frozen Peach Cup	-Fresh Orange -100% Fruit Juice	Chilled Fruit Cup -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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Week 3 Meat/Meat Alt. & Grain	Monday December 12	Tuesday December 13	Wednesday December 14	Thursday December 15	Friday December 16
Entrée Choice 1 Option 1: Or Option 2:	RPS Burger w./ or w/o Cheese on WG Bun or Big Daddy Pizza	Penne Pasta with Meat Sauce & WG Breadstick or Deli Sandwich Comb/ Chips	Chicken Tenders Wrap and Dip or Strawberry or Vanilla Parfait Cup	Philly Cheese Steak on WG Sub Roll or Spicy Chicken Sandwich	Big Daddy's Pizza
	-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	-French Fries -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

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Monday December 21	Tuesday December 22	Wednesday December 23	Thursday December 24	Friday December 25
Monday December 28	Tuesday December 29	Wednesday December 30		
				

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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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